



Ingredients and Allergy Information

Date of last review:	05.12.23	Version No.:	VI
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John Lewis Stock Number	46572606
Name	MENS DAILY WELLBEING + IMMUNE SUPPORT
Ingredients	Tablet Coating (Di-Calcium Phosphate, Microcrystalline Cellulose), Choline, Calcium Carbonate (Wheat), Magnesium, Vitamin C, Ferrous Fumarate, Vitamin E, Manganese, Zinc, Vitamin B3, Vitamin A, Copper, Vitamin B5, Vitamin K2, Anti-caking agent (Magnesium Stearate), Vitamin D3, Coenzyme Q10, Vitamin B6, Vitamin B2, Vitamin B1, Chromium, Folic Acid, Iodine, Selenium, Molybdenum, Biotin, Vitamin B12. May contain Soy.
For allergens, see ingredients in bold	
May contain statements	Vitamins B2 reduce tiredness and fatigue./Vitamin B6 contribute to the reduction of tiredness and fatigue/Vitamin B12 contribute to the reduction of tiredness and fatigue
Net Quantity	60 tablets
Country of Origin	GB
Storage Instructions	Keep in a cool, dry place out of reach of children + animals.
Manufacturer's name and address	THE OXFORD HEALTH COMPANY Unit 4 Longlands Road Bicester Oxon OX26 5AH United Kingdom
Instructions for use	Take 1 tablet per day after a meal.
Nutrition Labelling: Typical value	
Energy (kJ/kcal)	
Fat	
Of which saturated	
Carbohydrate	
Of which sugars	
Fibre	
Protein	
Salt	
Alcoholic Strength	n/a

Suitable for vegetarians	yes
Suitable for vegans	no
Suitable for nut allergy sufferers	yes
Suitable for gluten allergy sufferers	yes
Suitable to wheat allergy sufferers	no
Suitable for egg allergy sufferers	yes
Suitable for dairy allergy sufferers	yes
Suitable for soya allergy sufferers	no
Free from alcohol	yes
Free from artificial flavours	yes
Free from artificial colours	yes

Nutritional Information

Serving Size: 2 Tablets

Servings per Container: 30

	Per Serving		%NRV*
Vitamin A	1,600µg RE		200%
Vitamin D3	10µg		200%
Vitamin E	18mg α-TE		150%
Vitamin K2 (MK-7)	150µg		200%
Vitamin C	80mg		100%
Thiamine (B1)	2.2mg		200%
Riboflavin (B2)	2.8mg		200%
Niacin (B3)	32mg NE		200%
Vitamin B6	2.8mg		200%
Folic Acid	800µg		400%
Vitamin B12	5µg		200%
Biotin	100µg		200%
Pantothenic Acid (B5)	12mg		200%
Calcium	100mg		13%
Magnesium	112.5mg		30%
Iron	18.2mg		130%
Zinc	10mg		100%
Copper	2mg		200%
Manganese	4mg		200%
Selenium	110µg		200%

Chromium	80µg		200%
Molybdenum	100µg		200%
Iodine	300µg		200%
Choline	160mg		**
CoEnzyme Q10	4mg		**
* Nutrient Reference Value ** No NRV established			