

## **Ingredients and Allergy Information**

Date of last review: 05.12.23 Version No.: VI

John Lewis Stock Number	46572603	
Name	WOMEN'S DAILY WELLBEING + HORMONAL SUPPORT	
Ingredients	Bulking Agent (Microcrystalline Cellulose), Calcium Carbonate (WHEAT), Bulking Agent (Dicalcium Phosphate), Magnesium Oxide, Vitamin C (Ascorbic Acid), Maca Root 10:1 Extract, Vitamin E (DL-Alpha Tocopheryl Acetate), Ferrous Fumarate, Zinc Citrate, Vitamin D3 (Cholecalciferol), Nicotinic Acid, Vitamin A (Retinol), Copper Gluconate, Calcium D-Pantothenate, Manganese Citrate, Vitamin K2 (Menaquinone-7), Anti-Caking Agent (Magnesium Stearate), Pyridoxine Hydrochloride, Marigold Flower (60% Lutein, 5% Zeaxanthin), CoEnzyme Q10, Riboflavin, Thiamine Hydrochloride, Chromium Picolinate, Folic Acid, Sodium Selenite, Potassium Iodide, D-Biotin, Vitamin B12 (Methylcobalamin).	
For allergens, see ingredients in <b>bold</b>		
May contain statements	Vitamin B6 that contributes to the regulation of hormonal activity.	
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 2 tablets per day after a meal.	
NUTRITIONAL INFO BELOW		

Alcoholic Strength	NA
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	800μg RE	100%
Vitamin D3	50μg	1000%
Vitamin E	12mg α-TE	100%
Vitamin K2 (MK-7)	80µg	107%
Vitamin C	80mg	100%
Thiamine (B1)	1.1mg	100%
Riboflavin (B2)	1.4mg	100%
Niacin (B3)	16mg NE	100%
Vitamin B6	2.8mg	200%
Folic Acid	200μg	100%
Vitamin B12	12.5μg	500%
Biotin	50μg	100%
Pantothenic Acid (B5)	6mg	100.00%
Calcium	91.75mg	11.00%
Magnesium	56.25mg	15%
Iron	10.5mg	75%
Zinc	10mg	100%
Copper	1.2mg	120%

Manganese	2mg	100%
Selenium	110μg	200%
Chromium	40μg	100%
lodine	150μg	100%
Maca Root (from 50mg of 10:1 extract)	500mg	**
Lutein (from Marigold)	2mg	**
CoEnzyme Q10	2mg	**
Zeaxanthin (from Marigold)	167μg	**
* Nutrient Reference Value	•	

Nutrient Reference Value

<sup>\*\*</sup> No NRV established