



## QUEST ESSENTIALS RANGE

# ONCE A DAY

**All in one formula to support optimal health. Contains nutrients that contribute to the reduction of tiredness and fatigue**

### DESCRIPTION

A once a day everyday supplement to support optimal well being. It contains nutrients such as the B vitamins and vitamin C that contribute to the reduction of tiredness and fatigue and help increase the body's resistance to stress. It also provides nutrients to support immune function and protect body cells against oxidative stress to minimise the environmental impact on delicate body tissues such as the skin. This is a high potency "all-in-one" formula designed to augment dietary intake, particularly useful in times of stress, or for those at risk of nutritional deficiencies such as the elderly, those with special dietary requirements like vegetarians or for anyone following a weight management diet where calorie intake is restricted.

### DIRECTIONS

Take one tablet daily with a meal.

### FEATURES

- Convenient one a day comprehensive formula
- Providing 17 vitamin and vitamin-related ingredients, 11 minerals and 12 additional factors
- Quick release tablet designed to deliver nutrients quickly when required
- Contains amino acid chelated minerals to maximise absorption
- Provides a gentle form of iron less likely to cause constipation or digestive discomfort
- With additional synergistic co factors

### HEALTH NEEDS

- |  |   |  |
|--|---|--|
| <input checked="" type="checkbox"/> Everyday Health    | <input checked="" type="checkbox"/> Senior's Health   | <input checked="" type="checkbox"/> Stress |
| <input checked="" type="checkbox"/> Immunity           | <input checked="" type="checkbox"/> Energy            |  |
| <input checked="" type="checkbox"/> Skin, Hair & Nails | <input checked="" type="checkbox"/> Weight Management |  |

### INGREDIENTS

Dicalcium phosphate, bulking agent: microcrystalline cellulose, multimineral amino acid blend (providing calcium carbonate, magnesium oxide, ferrous sulphate, zinc oxide, manganese carbonate, copper sulphate, potassium iodide, sodium selenite, chromium chloride, sodium molybdate complexed with citric acid, glycine, rice flour, rice protein complex, sodium hydroxide, sodium citrate, aspartic acid and maltodextrin), vitamin C, lecithin (soya), vitamin E (soya), pantothenic acid (calcium salt), riboflavin, vitamin B6 (with methyl cellulose), niacin (niacinamide), choline bitartrate, thiamin (with methyl cellulose), dl-methionine, inositol, para-aminobenzoic acid, mixed carotenoids (with ascorbic acid, maltodextrin), anti-caking agent: silicon dioxide), magnesium stearate, citrus bioflavonoids, lysine HCl, beta-carotene (with d- $\alpha$ -tocopherol (soya), corn starch), betaine HCl, vitamin A (with antioxidant: tocopherols (soya) and tricalcium phosphate), vitamin B12 (with dicalcium phosphate), biotin (with di-calcium phosphate), vitamin D3 (with Arabic gum,  $\alpha$ -tocopherol (soya)), papain, rutin, cysteine, folic acid (with tricalcium phosphate, d-dicalcium phosphate), glazing agent: hydroxypropylmethylcellulose.

### SUITABLE FOR / FREE FROM

- |   |   |  |  |
|---|---|--|--|
| <input checked="" type="checkbox"/> Vegetarians | <input checked="" type="checkbox"/> Gluten-free | <input checked="" type="checkbox"/> Dairy-free | <input checked="" type="checkbox"/> Nut-free |
|---|---|--|--|

### DON'T FORGET TO READ

Allergen Info: This product contains soya. This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach.

### NUTRITIONAL INFORMATION

ONE TABLET PROVIDES: \*\*%NRV

#### VITAMINS

Vitamin A	750 µg	RE	94
Mixed Carotenoids	3.14 mg		
(Including Beta Carotene‡, Alpha Carotene, Cryptoxanthin, Zeaxanthin, Lutein)			
‡Equiv. to Vitamin A:	500 µg	RE	63
Vitamin D	10 µg		200
Vitamin E (15 i.u.)	10 mg	$\alpha$ -TE	83
Vitamin C	150 mg		187
Thiamin (B1)	10 mg		909
Riboflavin (B2)	11 mg		786
Niacin (B3)	21 mg	NE	131
Vitamin B6	10 mg		714
Folacin (Folic Acid)	100 µg		50
Vitamin B12	15 µg		600
Biotin	12 µg		24
Pantothenic Acid	19.5 mg		325

#### MINERALS

Calcium	138 mg		17
(16 mg as mineral amino acid blend)			
Iron*	6 mg		43
Magnesium*	24 mg		6.4
Zinc*	4 mg		40
Iodine*	40 µg		27
Manganese*	0.4 mg		20
Copper*	400 µg		40
Molybdenum*	10 µg		20
Chromium*	10 µg		25
Selenium*	13 µg		24

#### ADDITIONAL FACTORS

Choline Bitartrate	20 mg
Inositol	20 mg
Methionine	20 mg
PABA	15 mg
Bioflavonoids	29 mg
Lysine HCl	22 mg
Lecithin	15 mg
Papain	2 mg
Rutin	2 mg
Betaine HCl	12 mg
Hesperidin	10 mg
Cysteine	0.6 mg

RE = Retinol Equivalent \*As Mineral Amino Acid Blend  
 $\alpha$ -TE = Alpha Tocopherol Equivalent \*\*NRV = Nutrient Reference Value  
 NE = Niacin Equivalent