



## Wellman 70+

### Uses

### Dosage

Adults: 1 tablet per day with a main meal.

### Format and Ingredients

Tablet containing:

Siberian Ginseng Extract equivalent to 20mg, CoEnzyme Q10 10mg, Pumpkin Seed Extract equivalent to 100mg, Phosphatidylcholine 7mg, L-Glutathione 10mg, Lutein Esters 2mg, Alpha Lipoic Acid (ALA) 20mg, L-Carnitine 20mg, Citrus Bioflavonoids 10mg, Beta-carotene 2mg, Vitamin A (2666 IU) 800µg RE 100, Vitamin D (as D3 800 IU) 20µg 400, Vitamin E (natural source) 12mg  $\alpha$ -TE 100, Vitamin C 80mg 100, Thiamine (vitamin B1) 14mg 1273, Riboflavin (Vitamin B2) 4mg 286, Niacin (Vitamin B3) 36mg NE 225, Vitamin B6 10mg 714, Folic Acid 200µg 100, Vitamin B12 100µg 4000, Biotin 50µg 100, Pantothenic Acid 10mg 167, Iron 6mg 43, Zinc 15mg 150, Copper 1000µg 100, Manganese 0.5mg 25, Selenium 55µg 100, Chromium 75µg 188, Iodine 150µg 100, Silicon 10mg,

**Category:**  
Vitamins, Minerals and Nutritional

**Manufacturer:**  
VITABIOTICS LTD

**Pack size:** 30

**RRP:** £9.95

**Legal Status:**