



# Pharmaton Active Life Caplets

## Uses

Ginseng G115 helps sustain energy levels when taken every day. Also contains iron and B vitamins to support energy production.

## Dosage

Adults and adolescents (12+): one caplet per day with food, preferably at breakfast.

## Format and Ingredients

Caplet containing:  
Beta-carotene (a source of Vitamin A) 800mcg RE 100,  
Vitamin D 5µg 100, Vitamin E 12mg α-TE 100, Vitamin C 60mg 75, Vitamin B1 (thiamine) 1.1mg 100, Vitamin B2 (riboflavin) 1.4mg 100, Niacin 16mg NE 100, Vitamin B6 1.4mg 100, Folic Acid 200µg 100, Vitamin B12 2.5µg 100, Biotin 50µg 100, Calcium 120mg 75, Magnesium 56.2mg 15, Iron 10.5mg 15, Zinc 1.5mg 75, Copper 1000µg 100, Manganese 2mg 100, Selenium 55µg 100, Panax Ginseng Extract G115 40mg,

<b>Category:</b> Vitamins, Minerals and Nutritionals	<b>Pack size:</b> 30, 100
<b>Manufacturer:</b> OPELLA HEALTHCARE	<b>RRP:</b> £9.99, £22.99
	<b>Legal Status:</b> ,