

# Super Supplemental Vitamins and Minerals (120 Tablets)

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 [lilyandloafinternational.com/products/super-supplemental-vitamins-and-minerals](https://lilyandloafinternational.com/products/super-supplemental-vitamins-and-minerals)

## *Nature's Sunshine*

Provides 100% of the recommended daily requirements of most vitamins and a full complement of minerals

£ 19.95 GBP

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- Super Supplemental contains a wide range of vitamins and minerals that augments any diet
- Super Supplemental's formula provides 100% of the recommended daily requirements of most vitamins and a full complement of minerals essential for good health
- Supplies the body with micronutrients from super-foods and contains important carotenoid antioxidants lutein and lycopene that support tissues throughout the body
- Balanced nutrients are often in short supply during periods of physical stress or convalescence, or in a diet consisting of mostly processed foods. Supplementing your diet with Super Supplemental can help fill the void
- Full 90-day money-back guarantee

## How will Super Supplemental help me

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Vitamins and minerals are essential nutrients that your body needs to function properly. The body itself can't make vitamins, so it's important to get enough vitamins and minerals in your diet every day. This top-selling daily nutrition formula provides an excellent balanced profile of 23 vitamins and minerals blended into a base of plant extracts to aid their absorption.

Super Supplemental provides complete, balanced nutrition that offers 100% of the recommended daily requirements of most vitamins and a full complement of minerals essential for good health. These nutrients contribute to a multitude of body processes. Vitamin A for the immune system, iron metabolism, and maintenance of normal vision and skin. B vitamins for energy metabolism, and a reduction in tiredness and fatigue. Vitamin C for the immune and nervous systems, and normal formation of collagen, and vitamin E for the protection of cells from oxidative stress. Vitamin D is not always easy to obtain, especially during the darker winter months but is required for maintenance of normal bones, teeth and muscle function, blood calcium levels, and normal function of the immune system.

The formula also combines a wide range of minerals such as calcium, magnesium, manganese, phosphorus, iron and zinc, which contribute to a wide spectrum of essential processes in the body including cell division, oxygen transportation, blood clotting, cognitive function, protein synthesis, function of cell membranes, electrolyte balance, psychological function, and formation of connective tissue.

## Vitamins & Minerals – The Building Blocks of Health

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Vitamins and minerals are essential nutrients that your body needs to function properly. They act as the building blocks of health and lay the foundation for everything that goes on inside our bodies, so it's really important to get enough vitamins and minerals every day. A vitamin is an organic

compound required by the body for specific body processes, and in most cases, can't be made by the body itself. Minerals are equally important and have a variety of roles, including maintaining healthy pH levels and producing red blood cells.

Vitamins and minerals help to drive thousands of vital chemical chain reactions, with each vitamin depending on others for them to work properly. Essential minerals include calcium, iron, magnesium, phosphorus, potassium, sodium, and sulphur. An average diet and lifestyle will give us an average state of health but improving our nutritional status and taking good care of ourselves can lead to optimum health both now and in the future. This is why more and more people are choosing to take Super Supplemental Vitamins & Minerals to top up the nutrients they get from their diet.

## Is Super Supplemental suitable for everyone?

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Super Supplemental contains vitamin A in the form of retinol. Do not take if you are pregnant or likely to become pregnant except on the advice of a doctor or antenatal clinic. This product contains iron, which if taken in excess, may be harmful to very young children. It also contains traces of porcine gelatine, which are used as part of the manufacturing process, so avoid if you do not eat pork.

During pregnancy and preconception use [Nature's Prenatal](#) vitamins and minerals

## Why should I buy from Lily & Loaf?

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Lily & Loaf embrace a natural, holistic approach to health and beauty, and value equally daily nutrition for the body and nutritional care for the skin. These strict standards for top quality suppliers ensure that every product is free from harmful toxins, pollutants and animal cruelty, but also crafted in accordance with the ethical and sustainability values held. Lily & Loaf offers only premium, natural, eco-friendly products that are free from questionable manufacturing methods used in many mass-produced products today. There is also great support from a brilliant, independent Advisory Board - a group of highly qualified and experienced scientists, herbalists, practitioners, and health consultants with a wealth of expert knowledge and experience. And of course, our 90-day money back guarantee!

## 90-Day Money Back Guarantee

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We deliver the very best quality and service to all our customers and every product we sell has a no quibble 90-day money back guarantee. If you are not completely satisfied with your purchase, you may return your unused product or empty container to us within 90 days for a full refund. What have you got to lose?

## Simple & Fast Worldwide Delivery

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We offer a fast delivery service across the UK and indeed throughout the world. So, no matter where you live, buying from Lily & Loaf is a simple and risk-free process. Start your journey today with Lily & Loaf. We know that when you try our products, you'll become a Lily & Loaf lover too.

## Ingredients

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Di-calcium phosphate, magnesium oxide, vitamin C, calcium bis-glycinate, potassium citrate, zinc gluconate, pantothenic acid, vitamin E (d-alpha tocopherol), l-selenomethionine, ferrous fumarate, niacinamide, choline bitartrate, inositol, pyridoxine hydrochloride, calcium citrate, magnesium bis-glycinate dihydrate, biotin, thiamin, beta-carotene, para amino benzoic acid, riboflavin, vitamin A

palmitate, copper gluconate, manganese citrate, alfalfa aerial parts (*Medicago sativa*), asparagus stems (*Asparagus officinalis*), broccoli flowers (*Brassica oleracea* var. *italica*), cabbage leaves (*Brassica oleracea* var. *capitata*), hesperidin bioflavonoid extract, lemon bioflavonoid extract (*Citrus limon*), rutin, cyanocobalamin, rosehips fruit extract (*Rosa canina*), horsetail stems & strobilus (*Equisetum arvense*), vitamin D3 (cholecalciferol), potassium iodide, chromium chloride, folic acid, kelp leaves & stems (*Ascophyllum nodosum*, *Laminaria digitata*). Bulking agent; microcrystalline cellulose, anti-caking agent; stearic acid, bulking agent; carboxymethyl cellulose sodium, anti-caking agents; magnesium stearate, silicon dioxide.

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*Note: contains porcine sourced gelatin.*

## Nutritional Information

Tablet Contains:		%NRV*
Vitamin A (80% retinyl palmitate, 20% beta-carotene)	1000 µg	125
Vitamin D3	2.7 µg	54
Vitamin E	18.2 mg	152
Vitamin C	125 mg	156
Thiamin	6 mg	545
Riboflavin	4.7 mg	336
Niacin (from niacinamide)	15 mg	94
Vitamin B6	7.2 mg	514
Folacin	85 µg	43
Vitamin B12	25 µg	1000
Biotin	79 µg	158
Pantothenic acid	34 mg	567

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Calcium	105 mg	13
Phosphorus	66 mg	9
Magnesium	100 mg	27
Iron	7.5 mg	54
Zinc	7.5 mg	75
Copper	0.5 mg	50
Manganese	0.75 mg	38
Selenium	25 µg	45

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\*Nutrient Reference Value

## **Recommended Use**

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Take one tablet with a meal twice daily.

Do not exceed the stated recommended daily dosage.

Food Supplements should not be used as a substitute for a balanced diet. Always consult your Doctor or Pharmacist before taking food supplements when you are on prescribed medication.