

MULTIVITAMIN

REDEFINE YOUR HEALTH

MULTIVITAMIN KEY POINTERS

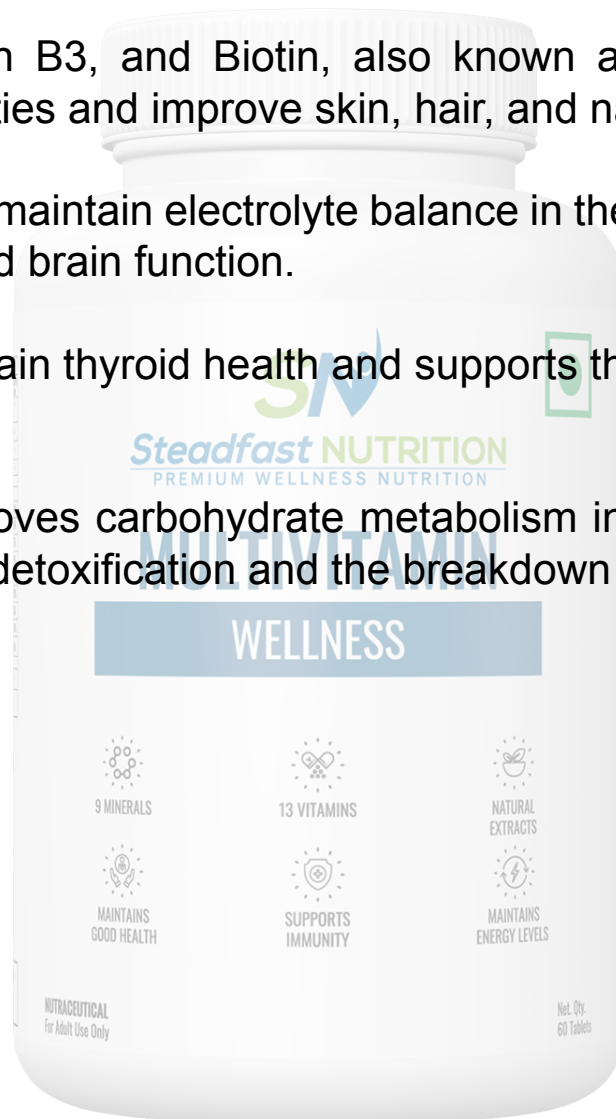
1. **Steadfast NUTRITION'S MULTIVITAMIN** tablet is a top-quality 100% vegetarian supplement formulated to meet the daily nutrient needs of all healthy individuals and maintain good health and well-being.
2. **Steadfast NUTRITION'S MULTIVITAMIN** tablet contains 13 vitamins, nine minerals, four plant extracts, and Omega-3 fatty acids derived from flaxseed powder with the added benefit of Chromium Picolinate.
3. Omega-3 fatty acids derived from flaxseed powder helps maintain healthy cholesterol level and supports cognitive functioning, eye health, and heart health in healthy individuals.
4. Panax ginseng root extract and Amla extract are antioxidants that support immunity.
5. Ashwagandha root extract supports mental health, helps maintain cognitive abilities, and increases muscle strength.
6. Chromium Picolinate and Manganese help maintain blood glucose levels and healthy cholesterol levels.
7. Vitamin A supports eye health and helps maintain skin integrity.
8. Vitamin B complex (Vitamins B1, B2, B3, B5, B6, B7, B9, B12) helps maintain good health and helps the body convert food to energy.
9. Iron, Folic acid, Copper, and Vitamin B6 help in the formation of red blood cells and support haemoglobin function.

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10. Vitamin C and Zinc boost immunity.
11. Vitamin D, Vitamin K2, and Calcium improve bone and muscle health.
12. Vitamin E, Vitamin B3, and Biotin, also known as skin vitamins, have antioxidant properties and improve skin, hair, and nail health.
13. Magnesium helps maintain electrolyte balance in the body. It also supports healthy muscle and brain function.
14. Iodine helps maintain thyroid health and supports the nervous system and cognitive function.
15. Molybdenum improves carbohydrate metabolism in healthy individuals. It also helps in liver detoxification and the breakdown of proteins in the body.



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13
Vitamins



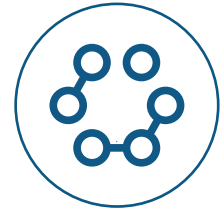
4
Plant Extracts



Supports
Immunity



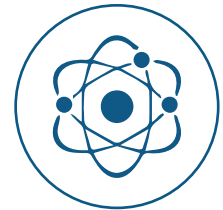
Promotes Overall
Health & Wellness



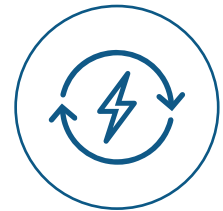
9
Minerals



Omega 3
Fatty Acids



Antioxidants



Improves
Energy Level