

ESSENTIAL MICRONUTRIENTS



feel the difference!

Ingredients:

Calcium Phosphate, Calcium Carbonate, Corn Starch, Anti-caking Agents (Fatty Acids, Silicon Dioxide, Magnesium Salts of Fatty Acids), Magnesium Oxide, Emulsifiers (Cellulose Powder, Croscarmellose Sodium, Hydroxypropyl Cellulose), L-ascorbic Acid, Nicotinamide, Ferrous Sulphate, Maltodextrin, Coating Agents (Sodium Carboxymethylcellulose, Glycerin), Sodium Selenite, D-Alpha, Tocopheryl Succinate, Biotin, D-Calcium Pantothenate, Zinc Oxide, Manganese Sulphate, Retinyl, Acetate, Chromium Chloride, Copper Sulphate, Riboflavin, Folic Acid, Pyridoxine Hydrochloride, Thiamin Hydrochloride, Potassium Iodide, Cholecalciferol, Cyanocobalamin.

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For up-to-date ingredient list & nutritional values please refer to the label on the product.

Nutritional information, average serving:

	THREE TABLETS PROVIDE:	% EU RDA*
VITAMINS:		
Vitamin A	803.3 µg	100 %
Vitamin B1	1.8 mg	164 %
Vitamin B2	2.7 mg	193 %
Vitamin B6	2.1 mg	150 %
Vitamin B12	3.0 µg	120 %
Folic Acid	300.0 µg	150 %
Niacin	30.0 mg	188 %
Pantothenic acid	10.5 mg	175 %
Biotin	150.0 mg	300 %
Vitamin C	67.0 mg	84 %
Vitamin D	2.6 µg	51 %
Vitamin E	12.4 mg	103 %
MINERALS:		
Calcium	720.0 mg	90 %
Magnesium	165.0 mg	44 %
Iron	9.0 mg	64 %
Zinc	9.0 mg	90 %
Iodine	72.0 µg	48 %
Copper	1.6 µg	160 %
Manganese	2.5 mg	125 %
Chromium	51.0 µg	128 %
Selenium	36.0 µg	65 %
Phosphorus	399.0 mg	57 %

*RDA = Recommended Daily Allowance

Core Nutrition

Formula 2 Multivitamin provides over 20 vitamins and minerals to contribute to good nutrition and overall health.

KEY BENEFITS

Helps you achieve 100% of your daily vitamin and mineral requirement when used in conjunction with Formula 1.

Formula 2 is high in:

- **Calcium and vitamin D for normal bone structure**
- **Zinc to support a healthy immune system**
- **B vitamins to support energy metabolism**
- **Antioxidant vitamins C and E for protection of cells against free radical damage.**



ALSO TRY

For the optimum healthy active lifestyle programme, try using Formula 2 Multivitamin Complex in conjunction with Formula 1, which is a nutritionally balanced delicious healthy meal in a glass; scientifically proven as an effective way to control weight when combined with a healthy active lifestyle.

WHY DO YOU NEED IT?

Your body needs the right balance of vitamins and minerals to function properly. Research suggests the best way to ensure that we achieve this, is to eat a balanced and varied diet including at least 5 portions of fruit and vegetables every day. For those who might not be achieving optimum nutrition, a multivitamin supplement can help.

USAGE

One tablet three times daily with meals. This product can be used in conjunction with Herbalife Formula 1 Nutritional Shake Mix and Herbalife's Fibre and Herb.

Your Herbalife Independent Distributor is: