

DOSIS AANWYSINGS:

Volwasse nes (13+): 2 Kapsules daaglik, eerste ding elke oggend. Party mense sal die voordele binne 2 weke se tyd voel, maar gee 6 weke se tyd om die maksimum resultate te voel. Veilig vir tieners ouer as 13 jaar. **VIR BESTE RESULTATE:** Neem saam met **Ultima 1 Shake** en **Ultima Adaptogens**.

SAMESTELLING INLIGTING:

(Tipiese Waardes per 2 Kapsules): St John's Wort Gestandaardiseerde Ekstrak – 500 mg, (Gelykstaande aan St John's Wort – 4000 mg, Totale Hypericin – 1200 µg), Vitamien B1 (Tiamien) – 3 mg, Vitamien B2 (Riboflavin) – 3.6 mg, Vitamien B3 (Niasien) – 20 mg, Vitamien B6 (Piridoksien) – 4 mg, Foliensuur – 790 µg, Vitamien B12 (Methylcobalamin) – 15 µg, Vitamien B5 (Kalsium Pantothenaat) – 20 mg, Vitamien D3 (Cholekalsiferol) – 100 µg, Biotin 10 µg. **Mengsel (2 264 mg) Bevat:** Adaptogen (Eleutherococcus Senticosus Gestandaardiseerde Ekstrak), Gingko Biloba Gestandaardiseerde Ekstrak, Kolien Bitraat, Inositol en Kalsiumfosfaat. **Onaktiewe Bestanddele:** Silikondoksied, Stysel en Gelatienkapsules.

VRYWARING: Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genees of enige siekte te voorkom nie.

Stak gebruik en raadpleeg 'n dokter indien enige nadelige reaksies plaasvind. Bêre op of onder 25 °C. Sien voubiljet en pasiëntinligtingsbladje binnekant box. **HOU BUITE BEREIK VAN KINDERS.**

*Contains 60 Capsules – Bevat 60 Kapsules
30 Day Supply – 30 Dae Aanbod*

The image shows the front of a black box for 'Ultima St John's Wort' capsules. The word 'Ultima' is written in a large, white, serif font at the top. Below it, 'St John's Wort' is written in a smaller, white, serif font. To the right of the main text, there is a small white box containing the letters 'SO'. Below this box, the text '03216 Combination Complementary Medicine/ Kombinasie Komplementêre Medisyne' is written in a small, white, sans-serif font. At the bottom of the box, the text 'With Siberian Ginseng, Gingko Biloba and more Met Siberiese Ginseng, Gingko Biloba en meer' is written in a small, white, sans-serif font. The box has a green horizontal bar at the top and bottom.

DOSAGE INSTRUCTIONS:

Adults (13+): 2 Capsules daily to be taken first thing in the morning. Some may feel the benefit in as little as 2 weeks, but allow 6 weeks for maximum results. Safe for teenagers aged 13 and over. **FOR BEST RESULTS:** Take together with **Ultima 1 Shake** and **Ultima Adaptogens**.

COMPOSITION:

(Typical Values per 2 Capsules): St John's Wort Standardized Extract – 500 mg, (Equivalent to St John's Wort – 4 000 mg, Total Hypericin – 1 200 µg), Vitamin B1 (Thiamine) – 3 mg, Vitamin B2 (Riboflavin) – 3.6 mg, Vitamin B3 (Niacin) – 20 mg, Vitamin B6 (Pyridoxine) – 4 mg, Folic Acid – 790 µg, Vitamin B12 (Methylcobalamin) – 15 µg, Vitamin B5 (Calcium D Pantothenate) – 20 mg, Vitamin D3 (Cholecalciferol) – 100 µg, Biotin 10 µg. **Proprietary Blend (2 264 mg) consisting of:** Adaptogen (Eleutherococcus Senticosus Standardized Extract), Gingko Biloba Standardized Extract, Choline Bitartrate, Inositol and Tri Calcium Phosphate. **Inactive Ingredients:** Syloid, Starch and Gelatin Capsules.

DISCLAIMER: This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

Discontinue use and consult a doctor if any adverse reactions occur. Store at or below 25 °C. See package insert and patient information leaflet inside box. **KEEP OUT OF REACH OF CHILDREN.**

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