

Women's Ultivite Benefits at a glance

EACH TABLET OF SWISSE WOMEN'S ULTIVITE CONTAINS

BETACAROTENE	5mg
CHOLECALCIFEROL (Vit.D3 200 IU)	5mcg
d-ALPHA-TOCOPHERYL ACID SUCCINATE (Vit.E 50 IU)	41.33mg
THIAMINE HYDROCHLORIDE (Vit.B1)	50mg
RIBOFLAVIN (Vit.B2)	50mg
NICOTINAMIDE (Vit.B3)	50mg
CALCIUM PANTOTHENATE (Vit.B5) (Pantothenic acid 68.7mg, Calcium 6.29mg)	75mg
PYRIDOXINE HYDROCHLORIDE (Vit.B6) (Pyridoxine 41.14mg)	50mg
CYANOCOBALAMIN (Vit.B12)	50mcg
BIOTIN	50mcg
FOLIC ACID	300mcg
CALCIUM ASCORBATE DIHYDRATE (Vit.C 165.2mg)	200mg
CHOLINE BITARTRATE	25mg
INOSITOL	25mg
CITRUS BIOFLAVONOIDS EXTRACT	40mg
LYSINE HYDROCHLORIDE	50mg
CALCIUM CITRATE (Calcium 42mg)	200mg
MAGNESIUM OXIDE (Magnesium 47.16mg)	81.46mg
POTASSIUM SULFATE	4.45mg
FERROUS FUMARATE (Iron 4.9mg)	16.01mg
CHROMIUM PICOLINATE (Chromium 6.2mcg)	50mcg
MANGANESE AMINO ACID CHELATE (Manganese 1.6mg)	16mg
COPPER GLUCONATE (Copper 58mcg)	417mcg
POTASSIUM IODIDE (Iodine 50.46mcg, Potassium 15.54mcg)	66mcg
ZINC AMINO ACID CHELATE (Zinc 5mg)	25mg
SELENOMETHIONINE (Selenium 26mcg)	65mcg
UBIDECARENONE (CoQ10)	1mg
SPEARMINT OIL	1.5mg

EXTRACTS EQUIVALENT TO DRY

CARICA PAPAYA fruit	10mg
PETROSELINUM CRISPUM herb	10mg
FOENICULUM VULGARE fruit	15mg
EQUISETUM ARVENSE herb (Horsetail)	30mg
APIUM GRAVEOLENS seed	20mg
ZINGIBER OFFICINALE root	15mg
ASTRAGALUS MEMBRANACEUS root	50mg
CENTELLA ASIATICA herb	10mg
MATRICARIA RECUTITA flower (Chamomile)	15mg
ARCTOSTAPHYLOS UVA-URSI leaf (Bearberry)	25mg
GLYCYRRHIZA GLABRA root and stolon (Licorice)	10mg
ELEUTHEROCOCCUS SENTICOSUS root (Siberian ginseng)	25mg
CRATAEGUS MONOGYNA fruit (Hawthorn)	30mg

EXTRACT EQUIVALENT TO FRESH

AVENA SATIVA herb (Oat)	500mg
CYNARA SCOLYMUS leaf (Globe artichoke)	50mg

STANDARDISED EXTRACTS EQUIVALENT TO

VITIS VINIFERA ext. eq. dry seed (Grape seed)	1000mg
SILYBUM MARIANUM dry fruit (St. Mary's thistle)	50mg
GINKGO BILOBA dry leaf	5mg
VACCINIUM MYRTILLUS fresh fruit (Bilberry)	25mg
CAMELLIA SINENSIS dry leaf (Green tea)	20mg
LYCOPERSICON ESCULENTUM eq. fruit fresh (Tomato)	700mg
TAGETES ERECTA dry flower	20mg

BENEFITS

Helps build natural resistance to infection, aids healthy skin & vision. Antioxidant
Necessary for the glands and bones
For the heart arteries and circulation. Antioxidant
Necessary for the nerves and digestion
Essential for healthy eyes, skin and hair
Important for proper circulation and the nervous system
Helps during times of physical and mental stress
Helps with the fluid balance before menstruation. Beneficial for nerves and skin
Necessary for red blood cells and energy
For hair and metabolism of fat and protein
Helps build antibodies and prevent Spina Bifida
Helps natural defences during colds, immunity strengthener. Antioxidant
Essential for fat metabolism
Important for hair growth
Strengthens blood vessels, aids circulation, lungs and skin
Helps with immune response
Maintains teeth, bones and normal heart action
Helps with muscle tone and is nutrition for the nerves
Maintains normal fluid and electrolyte balance
Helps the natural resistance to stress and disease, carries oxygen
Assists in the utilisation of sugars, wound healing and immune functions
Assists function of mammary glands for nerves and brain
For the blood, tissue, bones and healing processes from lungs, healthy blood
Essential for thyroid hormone, regulates metabolism
For skin and normal function of organs
Antioxidant, crucial for human health
Antioxidant, assists with energy production
Helps eliminate gas, aids digestion
Contains papain – enzyme to assist digestive system
Helps with the natural water balance, aids in digestion
Helps intestinal muscle tone and aids natural elimination of excess mucus
Helps to promote vibrant hair
Helps with joint mobility and function
Helps with digestion and settles the stomach
Herbal ingredient to aid immune response
Adaptogenic herb of benefit during stress and for aiding energy
Helps calm the nerves and aids muscle tone whilst promoting normal menstruation
Helps the natural water balance
To assist with digestion
Promotes vigour, aids digestion
Heart tonic
Nourishes the nervous system
Aids lipid metabolism
Antioxidant
Hepatoprotective, promotes liver function. Antioxidant
For healthy function of circulatory system
Helps with vision, aids healthy vision during prolonged reading, computer glare
Antioxidant
Antioxidant
Antioxidant



Tired? Stressed?! "You'll feel better on Swisse!"

Always read the label and use only as directed. If symptoms persist see your healthcare professional. Vitamin/mineral preparations are supplementary to and not a replacement for a balanced diet. Distributed by Mylan NZ Ltd, Auckland, New Zealand.



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