

## Multi-Vitamins

Multi-vitamins are essential for life. Although they occur naturally in foods, our hectic lifestyles, convenience foods and increasing exposure to environmental pollutants means we cannot guarantee that we are getting enough of these essential nutrients to maintain good health. Multi-vitamins ensure a basic daily intake of 100% of the Recommended Daily Allowance of the vitamins essential for life.

### Benefits:

- Can help boost the body's defences against infections and other minor illnesses.
- Beneficial for those on a restricted diet. Buy Multi-Vitamins from one of our approved suppliers online now!