



MōDERE™

ADULT MULTIVITAMIN PLUS BOTANICALS

with chromium and betacarotene

THE WELLNESS PROBLEM

For all manner of reasons – particularly poor diet, lifestyle choices or illness – we may not receive all of the nutritional requirements our body requires to operate at optimum efficiency and underpin our overall wellbeing.

Ensuring that your own and your family's nutritional needs are met is not always an easy process and achieving the recommended '2 and 5 a day' guidelines for 5 serves of vegetables and 2 of fruit can be tricky.

Our food choices determine the nutrients our bodies receive, in particular the necessary vitamins and minerals. Vitamins are a group of organic compounds, and are essential in the daily diet in the right quantities for normal metabolism, growth and physical wellbeing. Minerals are inorganic substances needed in the body for good health. Minerals work with vitamins in the body to ensure maximum absorption and functionality.

Where adequate supplies of vitamins and minerals are not – or can not – be obtained from dietary sources, supplementation may be the perfect answer to maximise the potential for optimum wellbeing.

THE MODERE SOLUTION

Like all products in the Multivitamin range, Adult Multivitamin Plus Botanicals is a high potency multivitamin and mineral supplement. Additional herbs and formula differences in Adult Multivitamin Plus Botanicals provide a powerful source of bioavailable nutrition where dietary sources may be inadequate or where mitigating factors such as a restricted diet, heavy exercise or even convalescence may warrant supplementation.

Adult Multivitamin Plus Botanicals omits the vitamin A found in the standard Adult Multivitamin formula making this supplement particularly useful where supplemental intake is contraindicated or unnecessary.

Adult Multivitamin Plus Botanicals does contain betacarotene which is a vitamin A precursor which can be converted to vitamin A in the body as required by functional need.

The advantages of Adult Multivitamin Plus Botanicals with its potent vitamin and mineral formulation with added garlic, chromium and bilberry make it a powerful formula to help maintain energy function and aid in general wellbeing.



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WELLBEING BENEFITS OF ADULT MULTIVITAMIN PLUS BOTANICALS

General wellbeing

- Aids the maintenance of general wellbeing
- Maintains healthy energy production
- Helps maintain normal healthy growth, development, oxidation and metabolic processes

Dietary supplementation

- A multivitamin and mineral supplement to provide supplementation when dietary intake is inadequate
- Source of folic acid. Can assist in maintaining normal blood
- Source of vitamin B12. Can assist in maintaining normal blood
- Antioxidant function

Blood health

- Blood tonic
- Can assist in maintaining normal blood

Skin and tissue health

- Maintains healthy skin tissues
- Maintains healthy growth and repair of tissues

LIFESTYLE TIPS

- Diet and nutrition: favour a simple unprocessed diet rich in essential fatty acids such as oily fish, nuts & seeds, and low GI vegetables & fruit. Include protein with every meal. These measures will assist in balancing blood sugar levels and will help increase energy levels and support cognitive function. Please see Modere Healthy Lifestyle Food List for dietary guidelines.
- Reduce or avoid foods that are pro-inflammatory. These foods include dairy, refined foods such as cakes, biscuits, white flour, sugar and processed food.
- Supporting nutrients such as fibre, green powders and pre & probiotics to maintain regularity and can help to maintain healthy digestive processes
- If you have known allergies avoid all potential allergens. Common allergens include milk and wheat.
- Avoid smoking.

COMPANION PRODUCTS

You may receive additional benefits from combining this product with: Antioxidant Sustained Release, D3 Plus, EFA Krill, Natural Mineral Drink, Antioxidant

FACTS

ACTIVE INGREDIENTS

Allium sativum (garlic), *Crataegus monogyna* (hawthorn), *Tilia cordata* (lime tree), *Vaccinium myrtillus* (bilberry), *Vitis vinifera* (grape), cysteine hydrochloride, choline bitartrate, inositol, citrus bioflavonoids extract, betacarotene, vitamin B1, vitamin B2, vitamin B3, vitamin B5, vitamin B6, vitamin B12, folic acid, vitamin C, vitamin D3, vitamin E, biotin, calcium, chromium, copper, iodine, magnesium, manganese, potassium, zinc.

DIRECTIONS FOR USE

Take one to three tablets, 3 times daily with meals. Pack size: 100 tablets.

PRECAUTIONS

Always read the label. Use only as directed. Vitamin supplements should not replace a balanced diet.

FREE FROM

Milk, gluten, preservatives, artificial colours and flavours, and yeast.

Listed on the Australian Register of Therapeutic Goods, AUST L 237694.