

complivite



Designed to enhance overall energy, health, vitality and wellness. It is a natural health, lifestyle and immune improvement supplement for all people.

Imbizo Health

Tel: 011 658 0402 | info@imbizo.co.za | www.imbizo.co.za

NAPPI CODE 710500-001

complivite

Each daily dose (2 tablets) contains:

		%	RDA
Vitamin B1 - Thiamin	It assists the body to make use of carbohydrates, fats and protein. Also assists in blood formation and nerve function, appetite and energy.	1.4 mg	100 %
Vitamin B2 - Riboflavin	It is important for growth, red blood cell production and energy.	1.6 mg	100 %
Vitamin B3 - Niacin	Supports the liver and assists in and increases energy production.	18 mg	100 %
Vitamin B6 - Pyridoxine	Used for the immune system which fights off infections, viruses and germs. It is also needed for the production of red blood cells and cellular growth.	2 mg	100%
Folic Acid	Needed to make normal red blood cells and used in the process of growth and reproduction of all cells. Folic acid is also used in the production of DNA and RNA.	0.4 mg	100 %
Vitamin B12	Promotes nerve function, increases physical strength and endurance while assisting in the production of red blood cells which carry oxygen to the cells.	2.4 mcg	100 %
Vitamin C	An antioxidant to keep cells healthy and assist in reducing damage to cells and organs when fighting off infections. Assists to lower cholesterol and strengthen the immune system.	100mg	120%
Vitamin D	Vital for the control of the levels of calcium in the blood. Essential for building strong bones and teeth and helps strengthen the immune system.	5mcg	100%
Vitamin E	An antioxidant that ensures the optimum functioning of cell membranes. It helps protect against disease by enhancing immune function and is an anti-inflammatory.	15mg	100%
Selenium	An antioxidant to keep the cells healthy, increase oxygen absorption and promote healthy heart function. Increases the activity of white blood cells which fight off infections.	100mcg	200%
Zinc	An antioxidant that supports the immune system, facilitates wound healing, assists with blood sugar related diseases and improves mental concentration.	12mg	100%
Calcium Lactate	Essential for heart function and for the normal functioning of nerves and muscles. Also the building block for healthy bones and teeth.	800mg	12%

Directions:

Adults take two tablets daily with meals.
Children aged 6 - 12 one tablet with meals.
Keep out of reach of children.

*RDA has not been established

If pregnant, please consult your doctor first.
Store in a cool dry place away from direct sunlight.

CONTAINS NO ARTIFICIAL FLAVOURS, COLOURS OR PRESERVATIVES. PRODUCT IS FREE FROM WHEAT, GLUTEN, LACTOSE AND CORN.