

# Wellteen Him



**Category**  
Vitamins, Minerals and  
Nutritionals  
**Manufacturer**  
VITABIOTICS LTD  
**Pack size**  
30  
**RRP**  
£8.55  
**Legal Status**



## Uses



## Format and Ingredients and %NRV

Tablet containing:

L-Carnitine Tartrate 50mg, Tomato Extract 20mg, Providing Pure Lycopene 1mg, Coenzyme Q10 2mg, Beta-carotene 2mg, Vitamin A (1333 IU) 400mcg RE 50, Vitamin D (as D3 800 IU) 20µg 400, Vitamin E (natural source) 8mg ?-TE 67, Vitamin C 80mg 100, Thiamin (vitamin B1) 6mg 545, Riboflavin (vitamin B2) 3mg 214, Niacin (vitamin B3) 18mg NE 113, Vitamin B6 8mg 571, Folic Acid 400µg 200, Vitamin B12 15µg 600, Biotin 75µg 150, Pantothenic acid 6mg 100, Magnesium 94mg 25, Iron 11mg 79, Zinc 15mg 150, Copper 1000µg 100, Manganese 2mg 100, Selenium 55µg 100, Chromium 50µg 125, Iodine 130µg 87,



## Dosage

Teenagers (13-19 years): 1 tablet per day with a main meal.