

SISTERLY

The Elevator

Nutrient Table:

Nutrient	Nutrient Form	Per 3.6 grams	% NRV*
CoEnzymeQ10	Ubiquinone	150mg	**
Chicory Root	Chicory Root Soluble Fibre	1000mg	**
Vitamin A	Retinol Acetate	500µg	63%
Vitamin D3	Cholecalciferol Vegan	30µg (1200 IU)	600%
Vitamin E	D-Alpha Tocopheryl Acetate	24mg	200%
Vitamin K2	Menaquinone-7	150µg	200%
Vitamin C	Calcium Ascorbate	640mg	800%
Vitamin B1	Thiamine Hydrochloride	5.5mg	500%
Vitamin B2	Riboflavin	7mg	500%
Vitamin B3	Nicotinamide	25mg	156%
Vitamin B6	Pyridoxal 5-Phosphate	7mg	500%
Folate	L-5-Methyltetrahydrofolate	400µg	200%
Vitamin B12	Methylcobalamin	15µg	600%
Biotin	D-Biotin	250µg	500%
Vitamin B5	Calcium D-Pantothenate	24mg	400%
Magnesium	Magnesium Citrate	150mg	40%
Zinc	Zinc Citrate	5mg	50%
Copper	Copper Gluconate	500µg	50%
Manganese	Trimanganese Citrate	2mg	100%
Selenium	Sodium Selenite	83µg	150%
Chromium	Chromium Picolinate	40µg	100%
Molybdenum	Sodium Molybdate	25mg	50%
Bioperine	Black Pepper Extract 95%	5mg	**

*EC Nutrient Reference Value

** No Established NRV

Directions For Use: Take one sachet daily. Mix with 100 mls of water and stir or add to juice, smoothie or other food. Do not exceed the recommended daily intake.

Caution: Suitable for individuals 18 years and over. Supplements are not a substitute for a balanced diet and healthy lifestyle. If taking medication or anticoagulants, under medical supervision, pregnant or breastfeeding, consult your doctor before use. Store in a cool dry place out of direct sunlight. Keep out of reach of children.

