**Premium A to Z Multivitamin Tablets (120 Tablets - 1 Per Day) 100% Daily NRV All Essential Vitamins - Manufactured by BioPharmX**

* A complete, one-a-day multivitamin tablet that provides 100% of your essential daily vitamin requirements.
* Advanced full spectrum formulation contains ALL essential vitamins (A,C, D, E, PLUS the essential B vitamins; B1, B2, B3, B6, B9 (Folic Acid) and B12)
* Vitamins are fundamental to maintain health and to enable the body to function optimally
* Manufactured within an FDA and MHRA approved facility for your highest level of safety
* All benefits have been approved by the European Food Safety Authority (EFSA)

**Premium Grade A to Z Multivitamin - 120 Powerful Tablets (1 Per Day - 4 Month Supply)**

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| With a dedication to nutritional science and supreme quality, The BioPharmX A to Z capsule is at the forefront of multidisciplinary nutritional research. Our advanced full spectrum formulation contains ALL essential vitamins (A,C, D, E, PLUS the essential B vitamins; B1, B2, B3, B6, B9 (Folic Acid) and B12).  Vitamin dependent biochemical mechanisms have been extensively studied in every aspect of human health. However complex and dynamic the relationship between nutrition and health is, it is an undisputed fact that vitamins are fundamental to maintain health and to enable the body to function optimally. They fulfill diverse functions as hormones, antioxidants and essential co-factors for a large number of physiological processes.  Their presence is required to perform thousands of vital processes within cells, tissues, organs and throughout the entire body – each one at the core of the body’s ability to sustain life.   * Vital for the Health of the Brain, Muscles, Digestive Tract, Reproductive and Nervous system * Critical for the Growth, Development and Optimal Function of All Cells in the Body * Maintains the Body’s Natural Defenses by Priming the Immune System * Essential for Energy Production on a day to day basis   Vitamins are vital to prime hundreds of biochemical process to achieve optimum efficiency, support overall health and keep the body in the best condition possible!  **Powerful Vitamin Ingredients Overview**   |  |  |  |  | | --- | --- | --- | --- | | **vitamin a** | **vitamin b1** | **vitamin b2** | **vitamin b3** | | **Vitamin A (Retinol)**  is stored within the liver and is vital for various important functions due to its influence on cell growth and division. It works by signalling the cells to grow at a faster rate and is essential for a range of functions from the health of the immune system, reproductive system to even creating the pigment in the retina of the eye. | **Vitamin B1 (Thiamine)**  is 1 of 8 essential B vitamins that are utilised by nearly all cells in the body. As with all B vitamins, Thiamine helps the body break down fats, carbohydrates and proteins so that our bodies can use them for energy. Thiamine also plays an essential role in muscle, heart and nerve function by enabling the flow of electrolytes in and out of muscles and nerve cells. | **Vitamin B2 (Riboflavin)**  plays a vital role in maintaining the body’s energy supply. It is an essential component for two coenzymes are required to produce adenosine triphosphate (ATP), the primary source of energy for all cells in the human body. Levels of Vitamin B2 also dictate how much energy is stored in muscles and their ability to maintain a high ATP turnover. | **Vitamin B3 (Niacin)**  is required by every part of the body to function properly. It is a major component for coenzymes involved in cellular metabolism which are essential for cell growth, as well as energy production and general good health. Furthermore, higher levels of vitamin B3 have shown to improve cholesterol levels and lower cardiovascular risks. | | **b12** | **vitamin b6** |  | **vitamin b12** | | **Vitamin B5 (Pantothenic acid)**  provides a multitude of benefits for the whole body, from maintaining a healthy digestive system to enabling the body to utilize other vitamins more efficiently. Pantothenic acid is often used to treat and prevent skin reactions to radiation therapy, as well as high recommended to support wound healing following surgery. | **Vitamin B6 (Pyridoxine)**  has an essential role in mood regulation due to its being vital for the creation of neurotransmitters that regulate emotions, such as dopamine and serotonin. Additional roles include the metabolism of proteins, hormone signalling and functioning as a coenzyme in the production of hemoglobin which is critical for the transport of oxygen to tissues. | **Vitamin B9 (Folic acid)**  helps the body produced and maintain healthy new cells, in particular red blood cells, as their formation is dependent on adequate levels of folic acid. Folic acid is also vital for the synthesis and repair of DNA and RNA as well as aiding rapid cell division and growth. It is particularly important for pregnant women to prevent the fetus from developing deformities. | **Vitamin B12 (Cyanocobalamin)**  is crucial for the formation of myelin; a fatty white substance crucial to the health of nerve cells and neurotransmitters. This multi-functioning vitamin is also responsible for energy levels on a day to day basis. Even if you’ve had a full night’s sleep, if your Vitamin B12 levels are low you are guaranteed to feel fatigued, sluggish and weak! |  |  |  |  |  | | --- | --- | --- | --- | | **vitamin c** | **vitamin d** | **vitamin e** |  | | **Vitamin C (Absorbic acid)**  is required for the growth, development and repair of all body tissues and is involved in many bodily functions. Including the production of collagen which is a type of protein found in many different types of tissue, such as skin, blood vessels, bones and cartilage. It is also an essential component of connective tissue, which plays a vital role in healing wounds. | **Vitamin D (Cholecalciferol)**  regardless of your age is essential for the maintenance of healthy bones due to its vital role in calcium and phosphorus absorption. It supports the functioning of muscles. It also helps in the process of cell division which helps our bodies grow and repair themselves. Vitamin D contributes to the normal functioning of the immune system, which is the body's natural defense against germs and harmful bacteria. | **Vitamin E**  functions as an antioxidant which protects cell membranes in the body and protects cells from oxidative stress. Research suggests that vitamin E’s antioxidant properties can override harmful molecules referred to as free radicals. These radicals are produced within our cells which may lead to tissue damage or disease. |  |   **BioPharmX: Superior Standards in Nutritional Supplements**   |  |  |  | | --- | --- | --- | | **multivitamin** | **multivitamin** | **multivitamin** | | **Maximum Strength**  BioPharmX has the goal of enhancing the well-being of their customers around the world by delivering premium quality, best value nutritional supplements.  Each capsule has been formulated to safely provide significantly more then the minimum NRV levels for maximum effect. | **Premium Quality**  Every bottle is manufactured in the UK in a fully licensed facility, using only premium graded ingredients.  Rest assured that we would never consider manufacturing an item that did not fully meet these requirements. | **Directions for Use**  Adults: As a supplement begin by taking 1 tablet in the morning on an empty stomach with at least 8fl oz of water.  Do not exceed stated dose in a 24-hour period.  Use only as directed. | |  |  |

**Ingredients:**

Each tablet contains pure certified and pharmaceutical graded; 9.9mg of Vitamin A (100% NRV), 1.3mg of Vitamin B1 (100%), 1.5mg of Vitamin B2 (100% NRV),17mg of Vitamin B3 (100% NRV), 7.1mg of Vitamin B5 (100% NRV), 1.8mg of Vitamin B6 (100% NRV), 0.26mg Folic Acid (100% NRV),0.03mg Vitamin B12 (100% NRV), 86.5mg of Vitamin C (100% NRV), 2.6mg of Vitamin D3 (100% NRV), 37.5mg of Vitamin E (100% NRV).