

## INGREDIENTS

Per Capsule	Weight	Active
Calcium (carbonate)	900mg	900mg
Vitamin C	150mg	150mg
Iron (chelated)	50mg	10mg
Zinc (citrate)	15mg	5mg
Vitamin K2 (menaquinone-7)	10mg	20mcg
Vitamin D3 (500IU)	5mg	12.5mcg
Vitamin B12 (high absorption)	50mcg	50mcg
Encapsulating aid		

## DIRECTIONS

Adults: take one capsule daily, anytime, with food (60 capsules = 2 month's supply).

Always read the label and use only as directed.



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PVBF/O

A vibrant collage of fresh green vegetables including grapes, bell peppers, broccoli, and green beans.

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**HealthHouse**  
NEW ZEALAND

# VEGAN BOOST

Nutrient support for  
a vegan lifestyle

All our  
products are  
**GLUTEN  
FREE**



## Nutrient support for a vegan lifestyle

Vegan Boost is designed especially for our customers who choose a vegan lifestyle.

It is important to maintain a well-balanced diet and with veganism this can be more of a challenge to achieve.

To make this easier we have designed a supplement to support your nutritional balance and well being.

### An effective formula

With our Vegan Boost we have formulated a product to supply essential nutrients that may not be readily available on a vegan diet. We have included vitamin D3, vitamin B12, iron and calcium which are normally readily available from meat, dairy products, seafood and poultry.

Vitamin K2 and vitamin D3 work with the calcium to support stronger and more flexible bones. Zinc and vitamin C aid nutrient absorption, along with supporting your immune system.

### What we wanted to achieve

Our aim when designing Vegan Boost is to optimise energy levels, maintain strong healthy bones and to support general good health.

We believe with our Vegan Boost nutritional supplement, combined with a well-balanced diet and exercise, excellent health can be achieved.

## INGREDIENT SOURCE

Ingredient	Source
Calcium carbonate	Natural limestone
Vitamin B12 Methylcobalamine	A manufactured crystalline powder
Iron chelate 20%	A rice-based chelate of iron
Vitamin D3 Cholecalciferol (100IU/mg)	A crystalline cholecalciferol (vitamin D3) using cholesterol extracted sheep wool, produced from New Zealand & Australia
Zinc citrate 31%	Manufactured by reacting zinc with citric acid (which is made with a fermentation process using molasses)
Vitamin K2	Manufactured using Bacillus subtilis. The source is commercially produced in a laboratory environment
Vitamin C	Ascorbic acid - a manufactured crystalline powder
Magnesium stearate	Manufactured by the reaction of sodium stearate with magnesium salts

## BENEFITS

- Supports your immune system
- Increases energy levels
- Supports general well being

## THIS PRODUCT SUPPORTS

- Bones/Joints
- Energy
- Immune System
- General Health



**Vegetarian Capsules**