



## Flinndal Multi

### Supports your immune system and helps you stay fit

Almost everyone knows what a health diet consists of: lots of fresh vegetables, plenty of fruit and limited sweets and fatty snacks. The body needs a certain amount of vitamins and minerals to stay healthy and function properly. Those who eat healthily every day usually get enough vitamins and minerals from their food. But, unfortunately, very few people manage to eat as healthily every day as they would like. Flinndal Multi is therefore a welcome addition to any daily diet. It supports the immune system and helps you stay fit.



With lutein  
for the support of  
healthy eyes

All vitamins  
and minerals in  
a single tablet



### **Only one tablet a day**

Flinndal Multi contains all the vitamins and minerals your body needs in a single tablet. The composition and dosage provide a sophisticated balance between the vitamins and minerals you receive through your everyday diet and your body's daily needs. A Recommended Daily Allowance has been established for vitamins. Flinndal Multi is designed to provide 100% of this RDA. This means that you only need a single tablet of Flinndal Multi daily to properly supplement your diet.

### **Extra bioactive ingredients**

Flinndal Multi contains extra bioactive ingredients like lutein, for the support of healthy eyes. It also contains choline, essential for maintaining brain cells and memory. Bioactive ingredients are also found naturally in food and have a health promoting effect.

### **Questions and answers**

#### **Can I take extra tablets?**

One tablet of Flinndal Multi per day should be enough in principle. But, should you forget to take a tablet, there is no harm in taking one extra, as long as you limit your intake to three per day. If you have been eating less healthily, are under stress or your immune system is compromised, it is also possible to take an extra tablet. Flinndal Multi also benefits smokers and helps during times of physical exertion (when playing sports, for example).

#### **Is it possible to overdose on vitamins?**

Yes, especially with the fat soluble vitamins A, D, E and K. Flinndal Multi is designed to provide 100% of the RDA of all vitamins, a safe balance that takes into consideration the vitamins you get from food. The maximum amount is much higher than the RDA.

#### **Is Flinndal Multi safe for children?**

Yes. Half of the RDA is enough for children, so they can safely take up to half a tablet a day.



Helps maintain  
good health

Helps you  
stay fit

