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Last update: 15 februari 2010

1. General requirements			
1.1 Productname	Life Time Multivitamin		
1.2 Article number	30010		
1.3 Description	Multivitamin and mineral		
			% ADH (RDA)
1.4 Composition	Vitamin A	10 mg (beta-caroteen)	100
	Vitamin C	250 mg	208.5
	Calcium (element)	125 mg	12.5
	Iron (element)	7.5 mg	42
	Vitamin D	5 mcg	50
	Vitamin E	74 mg	333.5
	Vitamin B1	6.25 mg	441.5
	Vitamin B2	6.25 mg	367.5
	Niacin (B3)	25 mg	125
	Vitamin B6	6.25 mg	312.5
	Folic acid	0.4 mg	100
	Vitamin B12	12.5 mcg	208.5
	Biotin	75 mcg	25
	Pantothenic acid	12.5 mg	125
	Iodine (kelp)	37.5 mcg	25
	Magnesium (element)	125 mg	31.5
	Zink (element)	7.5 mg	50
	Selenium (L-methionine)	25 mcg	36
	Copper (element)	1 mg	50
	Manganese (element)	2.5 mg	125
	Chromium (polynicotinate)	25 mcg	21
	Potassium (element)	25 mg	0.7
	Citrus bioflavonoïds	25 mg	
	Para amino benzoëzuur (PABA)	12.5 mg	
	Pancreatin	37.5 mg	
	Betaïn HCl	20 mg	
	Cellulose MC, Magnesium Stearate, silicium dioxide, hypromellose and polysorbate		
1.5 Label	1 tablet daily with a meal		

2. Packaging	
2.1 Description	Tablets
2.2 Overpack	
2.3 Content	60 tablets

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3. Physical Characteristics	
4.1 Colour	
4.2 Odour	
4.3 Consistency	
4.4 Netto weight	
4.5 Sizes	

5. Analysis (per 100 gram)	
5.1 Carbohydrates	0
5.2 As	
5.3 Fibre	
5.4 Protein	0
5.5 Fat	0
5.6 Energy [kJ kcal]	
5.7 Dry matter	
5.8 Moisture	

6. Microbiological standards (per 25 gram)	
6.1 Clostridium perfringens	< 100.000 kve/g
6.2 Bacillus cereus	< 100.000 kve/g
6.3 Salmonella	Not detected
6.4 Stahylococcus aureus	< 100.000 kve/g

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7. ALBA lijst

1. Cow milkprotein	?	19. Nut oil	-
2. Lactose	-	20. Peanut	?
3. Egg	-	21. Peanut oil	-
4. Soy-protein	?	22. Sesame seed	-
5. Soy-lecithin (oil)	?	23. Sesame oil	-
6. Gluten	-	24. Glutamate	-
7. Wheat	-	25. Sulphite (E220 t/m E227)	-
8. Rye	-	28.	
9. Beef	-	29.	
10. Pork	-	30.	
11. Chicken	-	31. Coriander	-
12. Fish	-	32. Celery	-
13. Crustacea and shellfish	?	33. Caramel	-
14. Corn	-	34. Carrot	-
15. Cocoa	-	35. Lupines	-
16.		36. Musterd	-
17. Legume	-		
18. Nuts	-		

Allergy information according to the Alba guidelines.

+ The product contains the substance (as ingredient) or may contain the substance (carry-over).

- The product does not contain the substance (according to recipe).

? There is not enough information to mark the substance with a + or -, or the product may contain only traces of the substance.