

FACT SHEET - IMUNI Vegan Complete

What is IMUNI Vegan Complete?

Maximise the health benefits of your plant-based diet with IMUNI's specialised blend of nutraceuticals designed to replenish vital nutrients often at risk of deficiency in plant-based diets.

Containing 14 key nutrients at therapeutic doses, this comprehensive formula will help cover your needs with one convenient daily capsule.

Simply empty the contents of each capsule in your favourite smoothie and consume immediately, or take one capsule a day with your favourite drink to help fill the gaps in your plant-based diet.

Each dose has been optimally formulated with Vitamin B12, B1, B2, B3, B5, B6, C, D, Iodine, Chromium, Selenium, Iron and Zinc to support the following aspects of health and wellbeing: Support energy levels, healthy hair, nails, skin, teeth and bones.

Vitamin B12, B5, B6, B1, C, D, Iodine, Iron and Zinc help to support a healthy stress response in the body as well as support brain function, memory and focus.

Ingredients:

Each vegan capsule contains: Iron (as iron (II) glycinate) 8 mg, Zinc (as zinc citrate dihydrate) 10 mg, Iodine (as potassium iodide) 150 microgram, Selenium (as selenomethionine) 100 µg, Chromium (as chromic picolinate) 50 microgram, Colecalciferol Vitashine™ (Vit D3 1000 IU) 25 microgram, Thiamine hydrochloride (Vit B1) 10 mg, Riboflavin sodium phosphate (Vit B2) 10mg, Nicotinamide (Vit B3) 25 mg, Calcium pantothenate (Vit B5) 20 mg, Pyridoxine hydrochloride (Vit B6) 10 mg, Pyridoxal 5-phosphate monohydrate (Vit B6) 5 mg, Methylcobalamin (co-methylcobalamin) (Vit B12) 500 microgram, Magnesium ascorbate monohydrate 112 mg (equiv. ascorbic acid (Vit C) 100 mg), Ubidecarenone (CoQ10) 60 mg.

All ingredients contained in this product are vegetarian and vegan friendly. This product does not contain animal products, dairy, lactose, gluten, nuts, soy, sulfites, artificial colour, flavours or sweeteners, added sugars or genetically modified ingredients (GMO-free).

Recommended dose:

Adults take one (1) capsule daily with food. Capsules may be opened, and contents can be added to food or beverage and consumed immediately.

Precautions/contraindications:

Consult your doctor before use if:

- You are already using supplements with ingredients contained in this product.
- You believe you might be suffering from conditions such as iron, B12, or vitamin D deficiency as higher doses might be required to treat these conditions.

Warnings and adverse effects:

- This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.
- Do not take while on warfarin therapy without medical advice.
- Not for the treatment of iron deficiency conditions.
- Vitamin and mineral supplements should not replace a balanced diet.
- If symptoms persist, consult your healthcare professional.
- Do not use if tamper evidence seal is broken or missing.
- Store below 25°C in a cool, dry place away from direct heat and sunlight.

For Health Professionals

Interactions with medications:

- Ingredients contained in this product may interact with Warfarin (e.g. Coumadin, Marevan)
- Any other major drug interactions are unlikely given the doses and ingredients contained in this product.

References:

- Dynan N. 2018. Helping to meet the nutritional needs of patients, News GP; Royal Australian College of General Practitioners (RACGP), source: <https://www1.racgp.org.au/newsgp/clinical/helping-to-meet-the-nutritional-needs-of-patients>