

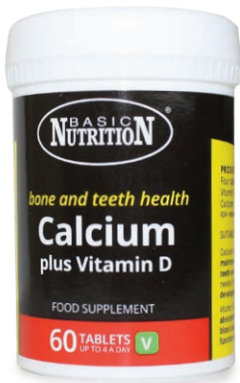


# UK Vitamins & Supplements Product Catalogue



Premier Health Products Ltd

For professional use only



P1142-100820

**BEST SELLER**

## Calcium plus Vitamin D

This calcium and vitamin D supplement provides two of the most essential nutrients for the growth and maintenance of healthy bones and teeth.

### Popular Uses

Maintenance of Strong Bones and Teeth, Supports Muscle Function, Osteoporosis, Indigestion, Hypertension, Rickets, Blood Clotting

### Typically Provides

		% NRV
Vitamin D (50iu)	1.25µg	25%
Calcium	200mg	25%

### Size

12mm Round Tablet

### Available SKU

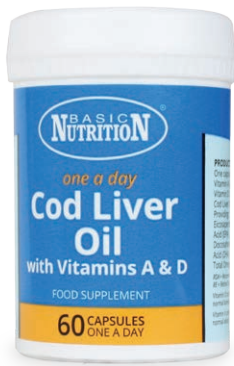
60 Tablets

### Vegetarian

Yes

### Intake

Up to 4 a day



P1015-130626

**BEST SELLER**

## Cod Liver Oil 400mg

Cod Liver Oil - the UK's favourite supplement is traditionally used to maintain flexible and health joints. Nutrient-rich - Cod Liver Oil is a rich source of Vitamin A (so use an alternative fish oil such as Omega 3 if you are pregnant or breast feeding) and Vitamin D, as well as important Omega 3 Fatty Acids EPA and DHA.

### Popular Uses

Joints, Skin Health, Heart Health, Brain, Eye Health

### Typically Provides

		% NRV
Vitamin A (2664iu)	800µg RE	100
Vitamin D (200iu)	5µg	100
Cod Liver Oil	400mg	*

### Providing:

Eicosapentaenoic Acid (EPA)	32mg	*
Docosahexaenoic Acid (DHA)	36mg	*
Total Omega-3	80mg	*

### Size

14mm x 8mm Capsule

### Available SKU

60 Capsules

### Vegetarian

No

### Intake

One a day



P1014-130627

**BEST SELLER**

## Cod Liver Oil 1000mg

### Typically Provides

		% NRV
Vitamin A (2664iu)	800µg RE	100
Vitamin D (200iu)	5µg	100
Cod Liver Oil	1000mg	*

### Providing:

Total Omega-3s	200mg	*
Eicosapentaenoic Acid (EPA)	80mg	*
Docosahexaenoic Acid (DHA)	90mg	*

### Size

24mm x 9mm Capsule

### Available SKU

30 Capsules

### Vegetarian

No

### Intake

One a day

# Cranberry

Flavonoid-rich cranberries are well known to help maintain urinary health and combat cystitis. Basic Nutrition Cranberry tablets contain a concentrated standardised extract from fresh cranberries.

### Popular Uses

Urinary Health, Bladder Infection

### Typically Provides

		% NRV
Cranberry Plant Extract (36:1)	13.9mg	-
Equivalent to	500mg of fresh Cranberry	-
Providing:		
Quinic Acid	10%	-
Total Fatty Acids	30%	-

### Size

9mm Round Tablet

### Available SKU

30 Tablets

### Vegetarian

Yes

### Intake

One a day



P1003-091028

## BEST SELLER

# Evening Primrose Oil

Evening Primrose Oil is a popular supplement for women as it provides benefits for relieving PMS symptoms as well as helping to maintain healthy skin. Our capsules also include 10mg of Vitamin E, another popular supplement for skincare.

### Popular Uses

Hormone Balance, PMS, Skin Health, Arthritis Relief

### Typically Provides

		% NRV
Vitamin E	10mg α TE	83%
Evening Primrose Oil	500mg	-
Providing:		
Gamma-Linolenic Acid (GLA)	40mg	-
9% of fatty acids as GLA		

### Size

14mm x 9mm Capsule

### Available SKU

30 Capsules

### Vegetarian

No

### Intake

1-2 a day



P1016-130708

## BEST SELLER

# Folic Acid

All women planning a pregnancy should take a 400µg Folic Acid supplement daily from the start of trying to conceive until the 12th week of pregnancy. Also, Folic Acid is used in the body to make red blood cells and help build muscles.

### Popular Uses

Pre-Conception and Early Pregnancy

### Typically Provides

		% NRV
Folic Acid	400µg	200%

### Size

8mm Round Tablet

### Available SKU

60 Tablets

### Vegetarian

Yes

### Intake

One a day



P1005-121001



P1201-120516

**BEST SELLER**

## Garlic (Odourless)

All the health benefits of eating 200mg garlic in a small odourless capsule. Garlic is traditionally used in the UK for maintaining a healthy heart.

### Popular Uses

Heart Health, Reduction of Blood Clotting, Cholesterol, Immune Support

### Typically Provides

		% NRV
Garlic 100:1 Extract	2mg	-
Equivalent to Garlic Bulb	200mg	-

### Size

9mm x 6mm Capsule

### Available SKU

60 Capsules

### Vegetarian

No

### Intake

1-2 a day



P1084-120904

**BEST SELLER**

## Ginkgo Biloba

Ginkgo Biloba is very popular for its use as a circulation aid. Increased blood-flow (and therefore oxygen) around the brain is thought to help maintain memory in the short term. This increased circulation may also benefit those who have cold extremities.

### Popular Uses

Circulation, Treatment of Raynaud's Disease, Memory, Impotence

### Typically Provides

		% NRV
Ginkgo Herb Powder (equivalent)	3000mg	-
From:		
Ginkgo Biloba Standardised Extract 50:1	60mg	-
Providing:		
24% Ginkgo Flavone		
Glycoside	14.4mg	-
6% Terpene Lactones	3.6mg	-

### Size

8mm Round Tablet

### Available SKU

30 Tablets

### Vegetarian

Yes

### Intake

1-2 a day



P1120-100330

## Ginseng (Korean)

Korean Ginseng 250mg is made using an extract from the species Panax Ginseng. The Ginseng extract is standardised to ensure that each tablet provides the correct level of active ingredient; Ginsenoside.

### Popular Uses

Anti-stress, Impotence, Boosts Energy

### Typically Provides

		% NRV
Korean Ginseng 10:1		
Plant Extract	25mg	-
Equivalent to Korean Ginseng (Panax Root)	250mg	-
Providing Ginsenosides	5mg	-

### Size

8mm Round Tablet

### Available SKU

30 Tablets

### Vegetarian

Yes

### Intake

1-2 a day

**BEST SELLER**

## Glucosamine Sulphate 500mg

The body makes its own Glucosamine, where it is found in the joints and connective tissues, (it helps to build cartilage) but stocks decrease as we get older, so many people opt to take a supplement long-term.

### Popular Uses

Relief of Arthritis Pain and Stiffness from Aching Fingers, Knees, Backs and Necks.

### Typically Provides

		% NRV
Glucosamine Sulphate	375mg	-
From:		
Glucosamine Sulphate		
2KCl	500mg	-

### Size

11mm round tablet

### Available SKU

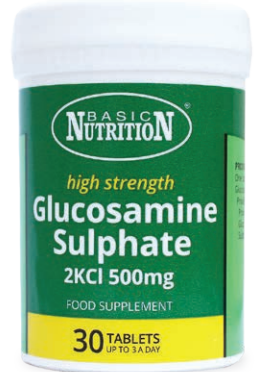
30 tablets

### Vegetarian

No

### Intake

Up to 3 a day



P1146-130625

**NEW PRODUCT**

## Glucosamine 500mg + Chondroitin 100mg

Chondroitin Sulphate is a major constituent of cartilage and supplementation improves repair. Combined with Glucosamine Sulphate to make this popular joint care product.

### Typically Provides

	% NRV
Glucosamine Sulphate	500mg
Provided by Glucosamine	
Sulphate 2KCl	667mg
Chondroitin Sulphate	100mg

### Size

19mm x 8mm caplet

### Available SKU

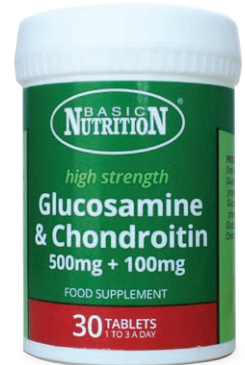
30 tablets

### Vegetarian

No

### Intake

1-3 a day



P1047-140909

## Iron

Essential Mineral; Iron in Citrate form for easy absorption. Iron is essential for healthy blood.

### Popular Uses

Cognitive function, Energy, Red Blood Cell formation, Oxygen transport, Immune System, Fatigue, Cell division.

### Typically Provides

		% NRV
Iron (as Citrate)	14mg	100%

### Size

9mm Round Tablet

### Available SKU

30 Tablets

### Vegetarian

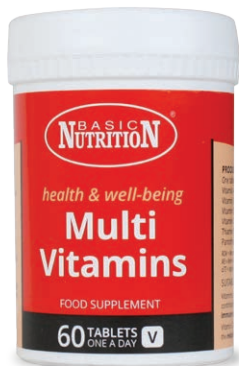
Yes

### Intake

One a day



P1164-141120



P1150-130708

**BEST SELLER**

## Multi Vitamins

100% of the Nutrient Reference Value (NRV) of essential vitamins.

### Typically Provides

		% NRV
Vitamin A	800µg RE	100%
Vitamin D	5.0µg	100%
Vitamin E	12mg α TE	100%
Vitamin C	80.0mg	100%
Thiamin (B1)	1.1mg	100%
Pantothenic Acid (B5)	6.0mg	100%

### Size

8mm Round Tablet

### Available SKU

60 Tablets

### Vegetarian

Yes

### Intake

One a day



P1153-130709

**BEST SELLER**

## Multi Vitamins with Iron

Selected vitamins, along with 14mg Iron. Iron is essential for healthy blood.

### Typically Provides

		% NRV
Vitamin A	800µg RE	100%
Vitamin D	5.0µg	100%
Vitamin E	7mg α TE	58%
Vitamin C	80.0mg	100%
Thiamin (B1)	1.1mg	100%
Pantothenic Acid (B5)	6.0mg	100%
Iron	14.0mg	100%

### Size

8mm Round Tablet

### Available SKU

60 Tablets

### Vegetarian

Yes

### Intake

One a day



P1018-120820

**BEST SELLER**

## Multi Vitamins & Minerals

Just one capsule a day provides an optimum and balanced formula of nutrients including twelve Vitamins and six Minerals.

### Typically Provides

		% NRV
Vitamin A	800µg RE	100%
Vitamin D	5.0µg	100%
Vitamin E	12mg α TE	100%
Vitamin C	80.0mg	100%
Thiamin (B1)	1.1mg	100%
Riboflavin (B2)	1.4mg	100%
Niacin (B3)	16.0mg NE	100%
Vitamin B6	1.4mg	100%
Folic Acid	200.0µg	100%
Vitamin B12	2.5µg	100%
Biotin	150.0µg	300%
Pantothenic Acid (B5)	6.0mg	100%
Iron	14.0mg	100%
Zinc	5.0mg	50%
Manganese	2.0mg	100%
Iodine	150.0µg	100%

### Size

14mm x 9mm Capsule

### Available SKU

30 Capsules

### Vegetarian

No

### Intake

One a day

**BEST SELLER**

## Omega 3 - Fish Oils 500mg

Omega-rich Fish body oil 18% EPA 12% DHA. Taken from oily fish such as salmon and sardines. Popular for memory and heart health.

### Popular Uses

Heart Health, Joint Health, Brain, Eye Health

Typically Provides		% NRV
Vitamin E	10mg α TE	83%
Fish Oil	500mg	*
Eicosapentaenoic Acid (EPA)	90mg	*
Docosahexaenoic Acid (DHA)	60mg	*
Total Omega-3	200mg	*

### Size

14mm x 9mm Capsule

### Available SKU

30 Capsules

### Vegetarian

No

### Intake

1-2 a day



P1019-130625

**BEST SELLER**

## Omega 3 - Fish Oils 1000mg

Typically Provides		% NRV
Vitamin E	10mg α TE	83%
Fish Oil Concentrate	1000mg	*
Eicosapentaenoic Acid (EPA)	180mg	*
Docosahexaenoic Acid (DHA)	120mg	*
Total Omega 3	400mg	*

### Size

24mm x 9mm Capsule

### Available SKU

30 Capsules

### Vegetarian

No

### Intake

1-2 a day



P1020-130807

## Omega 3, 6, 9 - 250mg

Fish body oil, Flaxseed oil and Evening Primrose oil, blended with Vitamin E.

Typically Provides		% NRV
Vitamin E	2mg α TE	17%
Omega 3	85mg	
Omega 6	70mg	
Omega 9	30mg	
Provided by:		
Flaxseed Oil	125mg	
Evening Primrose Oil	62.5mg	
Fish Oil	62.5mg	

### Size

12mm x 8mm Capsule

### Available SKU

30 Capsules

### Vegetarian

No

### Intake

1-2 a day



P1177-140324

**NEW PRODUCT**

## Pregnancy Support

A comprehensive nutritional-support through all stages of pregnancy; from conception to breast feeding.



P1236-140924

**Typically Provides**

Vitamin D	10µg	200
Vitamin E	4.0mg aTE	33
Vitamin K	75µg	100
Vitamin C	75mg	94
Thiamin (B1)	2.5mg	227
Riboflavin (B2)	2mg	143
Niacin (B3)	18mg NE	113
Vitamin B6	10mg	714
Folic Acid	400µg	200
Vitamin B12	5µg	200
Biotin	160µg	320
Pantothenic Acid	6mg	100
Magnesium	180mg	48
Iron	20mg	143
Zinc	10mg	100
Copper	1mg	100
Manganese	1mg	50
Selenium	40mg	73
Iodine	160µg	107
Beta Carotene	2mg	-

**% NRV**

**Size**

11mm Tablet

**Available SKU**

30 Tablets

**Vegetarian**

Yes

**Intake**

One a day



P1162-090720

## Peppermint Oil

Peppermint Oil has been used for centuries as a soothing aid to digestion and to help calm nausea and motion sickness. Proven to have a relaxing effect on the type of muscle found in the stomach.

**Popular Uses**

Digestion, Breath fresh, Nausea, Motion Sickness

**Typically Provides**

Peppermint Oil	50mg	*
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**% NRV**

**Size**

7mm Round Capsule

**Available SKU**

30 Capsules

**Vegetarian**

No

**Intake**

Up to 3 a day



P1050-070118

## Rosehip

A popular stomach-friendly anti-inflammatory. Our Rosehip extract contains the equivalent of 500mg of Rosehip berries.

**Popular Uses**

Anti-Inflammatory, Joint Health, Antioxidant, Immune Support

**Typically Provides**

Rosehip	500mg	*
Provided by Rosehip Extract 20:1	25mg	*

**% NRV**

**Size**

11mm Round Tablet

**Available SKU**

30 tablets

**Vegetarian**

Yes

**Intake**

Up to 3 a day



## Selenium with A, C & E

Essential Trace Element, with Antioxidant vitamins. Supports a healthy immune system as well as benefits the Hair & Nails.

### Popular Uses

Antioxidant, Hair & Nail Health, Immune Support, Thyroid Health, Male Reproductive Health.

Typically Provides		% NRV
Vitamin A	800µg RE	100%
Vitamin E	10mg α TE	83%
Vitamin C	60mg	75%
Selenium	200µg	364%

### Size

9mm Round Tablet

### Available SKU

30 Tablets

### Vegetarian

Yes

### Intake

One a day



P1024-140110

## BEST SELLER

## Vitamin B Complex

Complete Vitamin B Complex 100% RDA, popular for energy and stress relief.

### Popular Uses

Stress, Fatigue, Insomnia, Energy, Nervous System, Skin Health, Normal vision, Normal Red Blood Cells, Iron Metabolism, Normal Psychological Function

Typically Provides		% NRV
Thiamin (B1)	1.1mg	100%
Riboflavin (B2)	1.4mg	100%
Niacin (B3)	16.0mg NE	100%
Vitamin B6	1.4mg	100%
Folic Acid	200.0µg	100%
Vitamin B12	2.5µg	100%
Pantothenic Acid	6.0mg	100%

### Size

8mm Round Tablet

### Available SKU

30 Tablets

### Vegetarian

Yes

### Intake

One a day



P1140-130620

## Vitamin B6

A member of the B Vitamin group, known for its overall help in maintaining the nervous system, B6 (pyridoxine).

### Popular Uses

Energy, nervous system, hormone balance

Typically Provides		% NRV
Vitamin B6 (Pyridoxine)	10mg	714%

### Size

8mm Round Tablet

### Available SKU

60 Tablets

### Vegetarian

Yes

### Intake

One a day



P1027-110215

**NEW PRODUCT**

# Vitamin C 1000mg Effervescent

Rapid dissolving tablet with a significantly lower sodium level than many leading brands. One tablet dissolves in to a tasty orange drink.

Vitamin C is essential in the maintenance of a healthy immune system and in watching over the smooth running of many of our body functions, helps protect cells and keep them healthy. It also helps the body absorb Iron from food.

**Popular Uses**

Immune system, Collagen Formation: Blood Vessels, Bones, Cartilage, Teeth and gums, Energy, Nervous System, Psychological Function

**Typically Provides**

Vitamin C

**% EC RDA**

1000.0mg 1250

**Available SKU**

20 Tablets

**Vegetarian**

Yes

**Intake**

1 a day



P1225-140220



P1163-121203

**BEST SELLER**

# Vitamin C - Chewable 500mg

**Typically Provides**

Vitamin C

500mg

**% NRV**

625

**Size**

20mm x 8.5mm caplet

**Available SKU**

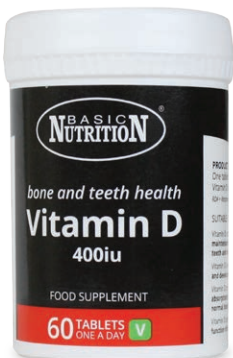
30 Caplets

**Vegetarian**

Yes

**Intake**

One a day



P1131-100519

**BEST SELLER**

# Vitamin D 400iu

Fat soluble vitamin, known as 'the sunshine vitamin'; naturally sourced D3 (cholecalciferol) from lanolin for healthy bones and teeth.

**Popular Uses**

Bone & Teeth Health, Calcium Absorption, Healthy Muscles

**Typically Provides**

Vitamin D

400iu (10µg)

**% NRV**

200%

**Size**

8mm Round Tablet

**Available SKU**

60 Tablets

**Vegetarian**

Yes

**Intake**

One a day

**NEW PRODUCT**

## Vitamin D 2500iu

Natural-source Vitamin D3.

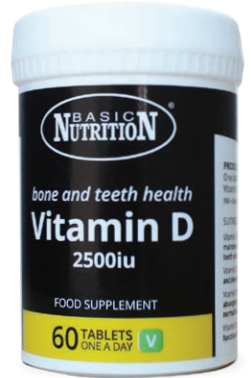
Typically Provides		% NRV
Vitamin D3 (as Cholecalciferol)	2500iu (62.5µg)	1250

**Size**  
17mm x 10mm Caplet

**Available SKU**  
60 Caplets

**Vegetarian**  
Yes

**Intake**  
One a day



P1204-120912

**BEST SELLER**

## Vitamin E 200iu

Vitamin E has powerful antioxidant properties that help protect the cells of the body from damage by free radicals.

Popular Uses
Antioxidant, Cell Protection, Heart Health, Skin Health, Immune support

Typically Provides		% NRV
Vitamin E (dl Alpha Tocopherol Acetate)	134mg aTE	1117

**Size**  
12mm x 7.5mm

**Available SKU**  
30 Capsules

**Vegetarian**  
No

**Intake**  
1-2 a day



P1218-130919

## Zinc 5mg

Zinc is an essential mineral. The body doesn't produce or store Zinc, although it is a multifunctional and vital mineral, which is involved in many body processes.

Popular Uses
Skin Health, Hair, Reproductive System, Reduces Lifespan and Severity of Colds

Typically Provides		% NRV
Zinc (as Gluconate)	5mg	50%

**Size**  
8mm Round Tablet

**Available SKU**  
60 Tablets

**Vegetarian**  
Yes

**Intake**  
Two a day



P1166-110221

# UK Vitamins & Supplements

Since 1989



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