

Ingredients	Strength	Benefits
Pure Lycopene	20mg equivalent to 1mg lycopene	It is an antioxidant and protects the body from free radical stress.
Co-enzyme Q10	2mg	It is an antioxidant and it may prevent cellular damage associated with aging and some diseases. It's also involved in energy production.
L-Carnitine	50mg	Helps the body turn fat into energy
Beta carotene	2mg	Essential for good vision, strong immunity and general health.
Vitamin A	0.4mg (1333 IU)	It is a key for good vision, a healthy immune system, and cell growth.
Vitamin D3	0.02mg (400 IU)	Helps maintain normal blood levels of calcium and phosphorus, which strengthen bones. Also help to form teeth & bones. Vitamin D3 can reduce the number of non-spinal fractures.
Vitamin E	8mg	Helps maintain healthy skin, eyes and strengthen the body's natural defence against illness and infection.
Vitamin C	80mg	Involved in many body functions, including formation of collagen, absorption of iron, the proper functioning of the immune system, wound healing & the maintenance of cartilage, bones & teeth.
Vitamin B1	6mg	Helps convert food into energy. Needed for healthy skin, hair, muscles, brain and is critical for nerve function.
Vitamin B2	3mg	Helps break down proteins, fats and carbohydrates. It plays a vital role in maintaining the body's energy supply.
Vitamin B3	18mg	Helps convert food into energy. Essential for healthy skin, blood cells, brain and nervous system.
Vitamin B6	8mg	Improve Mood and Reduce the symptoms of depression. Prevent and Treat Anemia by Aiding Haemoglobin Production.
Vitamin B9	0.4mg	It is important to make new cells in our body and for healthy cell growth and function.
Vitamin B12	0.015mg	It is important for nerve tissue health, brain function, and the production of red blood cells.

Vitamin H	0.075mg	Helps the body convert food into energy and also help to keep your skin, hair, eyes, liver, and nervous system healthy.
Vitamin B5	6mg	It helps produce energy by breaking down fats and carbohydrates. It also promotes healthy skin, hair, eyes, and liver.
Magnesium	94mg	Needed for many chemical reactions in the body building proteins and strong bones, and regulating blood sugar, blood pressure, muscle and nerve functions.
Iron	11mg	Helps haemoglobin in red blood cells and myoglobin in muscle cells carry oxygen throughout the body. Needed for chemical reactions in the body and for making amino acids, collagen, neurotransmitters, and hormones.
Zinc	15mg	Needed for immune system to work properly. It plays a role in cell division, cell growth, wound healing. It is also needed for the senses of smell and taste.
Copper	1mg	plays a role in making red blood cells and maintaining nerve cells and the immune system. It also helps the body form collagen and absorb iron.
Manganese	2mg	Helps to metabolize amino acids, cholesterol, and carbohydrates.
Selenium	0.055mg	Acts as an antioxidant, neutralizing unstable molecules that can damage cells also involved in reproduction and the metabolism of thyroid hormones.
Chromium	0.05mg	Enhances the activity of insulin, helps maintain normal blood glucose levels, and is needed to free energy from glucose.
Iodine	0.13mg	It is used by the thyroid gland to make thyroid hormones that control many functions in the body including growth and development.

## DESCRIPTION:

Risora Multivitamins Tablet is a perfect combination of vitamin and minerals. Risora tablet can help to fill in nutritional gaps in your diet and ensure that you are getting all the essential nutrients your needs to function properly.

## USAGE:

- Support immune function
- Promotes healthy growth
- Support the reduction of tiredness & fatigue
- Improves energy levels
- support Bone health

## HOW TO TAKE RISORA TABLET:

One tablet per day after a meal or directed by physician.

## DO NOT TAKE RISORA TABLETS:

Consult with your doctor or pharmacist before using if you are under medical supervision, have epilepsy, a thyroid condition, haemochromatosis and suffer from food allergies, If you are allergic (hypersensitive) to any of the ingredients of Risora Tablet.

## PRECAUTIONS:

Do not exceed the recommended intake.

Do not take Risora Tablet on empty stomach.

Taking with other medicines Consult your physician before using this product if you are taking any medication or are under a physician's care for a medical condition.

## OVERDOSE:

In case of accidental overdose, call a doctor or emergency department. Show any leftover medicines or the empty packet to the doctor.

## SIDE EFFECTS:

No side effect reported.

## SPECIAL PRECAUTIONS FOR STORAGE:

Keep out of the reach and sight of children. Store below 30°C at dry place.

## DISCLAIMER:

This product is a nutritional supplement and not intended for treatment of any disease.

## PRESENTATION:

Risora tablet are available in Alu-Alu blister pack of (3×10's) in carton.

خوراک: ایک سے دو ٹیبلیٹس دن میں ایک مرتبہ یا مُستند معالج کے مشورے سے استعمال کریں۔  
ہدایات: خشک جگہ پر 30°C سے کم درجہ حرارت پر رکھیں۔ گرمی، سورج کی روشنی اور نمی سے محفوظ رکھیں۔  
بچوں کی پہنچ سے دور رکھیں۔

Nutraceutical: Not for treatment of any disease

نیوٹراسیوٹیکل: یہ پراڈکٹ کسی بیماری کے علاج کے لیے نہیں ہے۔

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