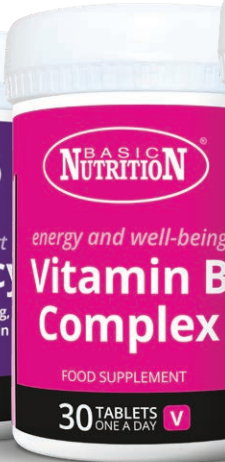




UK Vitamins & Supplements Product Catalogue



Premier Health Products

For professional use only





In 2017, in recognition of our outstanding growth in export sales, Premier Health Products Ltd were awarded The Queen's Award for Enterprise: International Trade.



P1242-150324

Biotin 2500µg

Popular for its hair and beauty benefits, Biotin is a member of the B Complex (Vitamin B7). Biotin is naturally found in nuts, rice, legumes and whole wheat.

Popular Uses
Hair, Skin Health and Nail Health, Energy, Immune Health

Typically Provides		% NRV
Biotin	2500µg	5000%

Size
8mm Round Tablet

Available SKU
30 Tablets

Vegetarian
Yes

Intake
One a day



P1203-160524

Children's Vitamins

Selected vitamins to support children's growth and development, at levels suitable for those aged 4-12, in a blackcurrant flavoured chewable tablet.

Popular Uses
Maintenance of Strong Bones and Teeth, Supports Muscle Function

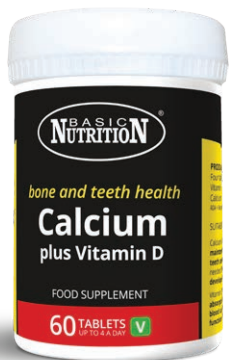
Typically Provides		% NRV
Vitamin A	400.0µg RE	50
Vitamin D	2.5µg	50
Vitamin C	40.0mg	50

Size
8mm Round Tablet

Available SKU
60 Tablets

Vegetarian
Yes

Intake
One a day



P1142-150319

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 four a day

Cranberry 5000mg

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

Popular Uses
Urinary Health, Bladder Infection

Typically Provides
5000mg of Cranberries provided by 139mg of Cranberry extract (36:1)
Providing:
10% Quinic Acid
30% Total Fatty Acids

Size
11mm Round Tablet

Available SKU
30 Tablets

Vegetarian
Yes

Intake
One a day



P1092-140602

Co-Enzyme Q10 30mg

This naturally-fermented nutrient plays an essential role in our energy helps to maintain heart health. Q10 is naturally produced by the body, but levels deplete with age and also are reduced through taking Statins. A supplement is essential for those over 40, especially if taking Statins.

Popular Uses
Skin Healthcare Benefits, Energy, Statin-Support, Heart Health

Typically Provides
Co-Enzyme Q10 30mg

Size
14mm x 9mm Capsule

Available SKU
30 Capsules

Vegetarian
No

Intake
One a day



P1241-150310

BEST SELLER

Cod Liver Oil 550mg

Cod Liver Oil - the UK's favourite supplement is traditionally used to maintain flexible and healthy 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)	800.0µg RE	100
Vitamin D (200iu)	5.0µg	100
Cod Liver Oil	550.0mg	*
Providing total Omega-3s	110.0mg	*
Of which:		
Eicosapentaenoic Acid (EPA)	44.0mg	*
Docosahexaenoic Acid(DHA)	49.5mg	*

Size
15mm x 8mm Capsule

Available SKU
60 Capsules

Vegetarian
No

Intake
One a day



P1053-130626



P1014-130627

BEST SELLER

Cod Liver Oil 1000mg

Typically Provides		% NRV	Size
Vitamin A (2664iu)	800µg RE	100	24mm x 9mm Capsule
Vitamin D (200iu)	5µg	100	
Cod Liver Oil	1000mg	-	Available SKU 30 Capsules
Providing:			Vegetarian No
Total Omega-3s	200mg		Intake One a day
Eicosapentaenoic Acid (EPA)	80mg	-	
Docosahexaenoic Acid (DHA)	90mg	-	

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		% NRV	Size
Heart Health, Reduction of Blood Clotting, Cholesterol, Immune Support			9mm x 6mm Capsule
			Available SKU 60 Capsules
			Vegetarian No
			Intake One to two a day



P1201-120516



P1016-130708

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		% NRV	Size
Hormone Balance, PMS, Skin Health, Arthritis Relief			14mm x 9mm Capsule
			Available SKU 30 Capsules
			Vegetarian No
			Intake One to two a day

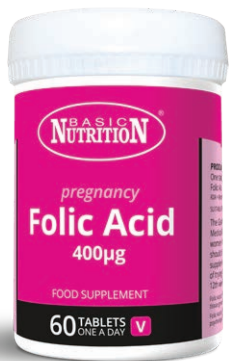
Ginkgo Biloba 6000mg

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		% NRV	Size
Circulation, Treatment of Raynaud's Disease, Memory, Impotence			8mm Round Tablet
			Available SKU 30 Tablets
			Vegetarian Yes
			Intake One to two a day



P1159-161010



P1005-121001

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		% NRV	Size
Pre-Conception and Early Pregnancy			8mm Round Tablet
			Available SKU 60 Tablets
			Vegetarian Yes
			Intake One a day

IMPROVED FORMULATION

Ginseng (Korean) 1200mg

Korean Ginseng 1200mg 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		% NRV	Size
Anti-stress, Impotence, Boosts Energy			8mm Round Tablet
			Available SKU 30 Tablets
			Vegetarian Yes
			Intake One to two a day



P1119-140423



P1146-150903

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

Glucosamine Sulphate 375mg
from:

Glucosamine Sulphate 2KCl 500mg

Size

11mm round tablet

Available SKU

30 tablets

Vegetarian

No

Intake

Up to three a day



P1047-170321

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

Glucosamine Sulphate	500mg
provided by	
Glucosamine Sulphate 2KCl	667mg
Chondroitin Sulphate	100mg

Size

16.8mm x 9.6mm

Available SKU

30 tablets

Vegetarian

No

Intake

One to three a day



P1240-141023

Hair, Skin & Nails Formula

Contains a unique combination of powerful antioxidants to make Hair shine, Skin glow and Nails stronger.

Typically Provides

	% NRV
Vitamin D	5µg
Vitamin E	12mg αTE
Vitamin C	60mg
Thiamin	8mg
Riboflavin	4mg
Niacin	18mg
Vitamin B6	10mg
Folic Acid	400µg
Vitamin B12	9µg
Biotin	45µg
Pantothenic Acid	40mg
Iron	12mg
Magnesium	75mg
Zinc	15mg
Iodine	200µg
Manganese	0.5mg
Copper	1mg
Chromium	50µg
Selenium	100µg
L-Cysteine	10mg

Popular Uses

Maintains healthy Hair, Skin and Nails.

Size

17mm x 10mm Caplet

Available SKUs

30 Tablets

Vegetarian

Yes

Intake

One a day

Iron 14mg

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

Iron (as Citrate)	14mg	% NRV	100%
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% NRV

100%

Size

9mm Round Tablet

Available SKU

30 Tablets

Vegetarian

Yes

Intake

One a day



P1164-170111

BEST SELLER

Multi Vitamins

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

Typically Provides

	% NRV
Vitamin A	800.0µg RE
Vitamin D	5.0µg
Vitamin E	12.0mg TE
Vitamin K	75.0µg
Vitamin C	80.0mg
Thiamin (B1)	1.1mg
Riboflavin (B2)	1.4mg
Niacin (B3)	16.0mg NE
Vitamin B6	1.4mg
Folic Acid	200.0µg
Vitamin B12	2.5µg
Biotin	50.0µg
Pantothenic Acid (B5)	6.0mg

% NRV

100

100

100

100

100

100

100

100

100

100

100

100

100

100

Size

8mm Round Tablet

Available SKU

60 Tablets

Vegetarian

Yes

Intake

One a day



P1011-170322

BEST SELLER

Multi Vitamins with Iron

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

Typically Provides

	% NRV
Vitamin A	800.0µg RE
Vitamin D	5.0µg
Vitamin E	12.0mg TE
Vitamin K	75.0µg
Vitamin C	80.0mg
Thiamin (B1)	1.1mg
Riboflavin (B2)	1.4mg
Niacin (B3)	16.0mg NE
Vitamin B6	1.4mg
Folic Acid	200.0µg
Vitamin B12	2.5µg
Biotin	50.0µg
Pantothenic Acid (B5)	6.0mg
Iron	14.0mg

% NRV

100

100

100

100

100

100

100

100

100

100

100

100

100

100

Size

9mm Round Tablet

Available SKU

60 Tablets

Vegetarian

Yes

Intake

One a day



P1010-160411



P1018-120820

BEST SELLER

Multi Vitamins & Minerals

Just one capsule a day provides an optimum and balanced formula of nutrients including twelve vitamins and four minerals.

Typically Provides		% NRV	Size
Vitamin A	800µg RE	100%	14mm x 9mm Capsule
Vitamin D	5.0µg	100%	
Vitamin E	12mg αTE	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	50.0µg	100%	
Pantothenic Acid (B5)	6.0mg	100%	
Iron	14.0mg	100%	
Zinc	5.0mg	50%	
Manganese	2.0mg	100%	
Iodine	150.0µg	100%	

Available SKU	Vegetarian	Intake
30 Capsules	No	One a day

Omega 3, 6, 9 - 1000mg

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

Typically Provides		Size
Vitamin E (55% NRV)	6.7mg αTE	24mm x 9mm Capsule
Omega 3 Fatty Acids	290mg	
Of which:		
Eicosapentaenoic Acid (EPA)	72mg	
Docosahexaenoic Acid (DHA)	48mg	
Alpha-Linolenic Acid (ALA)	170mg	
Omega 6 Fatty Acids	210mg	
Of which:		
Linoleic Acid (LA)	152mg	
Gamma Linolenic Acid (GLA)	58mg	
Omega 9 Fatty Acids	110mg	
Of which:		
Oleic Acid (OA)	110mg	

Available SKU	Vegetarian	Intake
30 Capsules	No	One to three a day



P1135-170509



P1019-130625

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	Size
Heart Health, Joint Health, Brain, Eye Health	14mm x 9mm Capsule

Typically Provides		% NRV	Available SKU
Vitamin E	10mg αTE	83%	30 Capsules
Fish Oil	500mg	-	
Eicosapentaenoic Acid (EPA)	90mg	-	
Docosahexaenoic Acid (DHA)	60mg	-	
Total Omega-3	200mg	-	

Vegetarian	Intake
No	One to two a day

BEST SELLER

Pregnancy Support

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

Typically Provides		% NRV	Size
Vitamin D	10µg	200	11mm Tablet
Vitamin E	4.0mg αTE	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	-	

Available SKU	Vegetarian	Intake
30 Tablets	Yes	One a day



P1236-140924



P1020-130807

BEST SELLER

Omega 3 - Fish Oils 1000mg

Typically Provides		% NRV	Size
Vitamin E	10mg α TE	83%	24mm x 9mm Capsule
Fish Oil Concentrate	1000mg	-	
Eicosapentaenoic Acid (EPA)	180mg	-	
Docosahexaenoic Acid (DHA)	120mg	-	
Total Omega 3	400mg	-	

Available SKU	Vegetarian	Intake
30 Capsules	No	One to two a day

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	Size
Digestion, Breath fresh, Nausea, Motion Sickness	9.5mm x 5mm Oval Capsule

Typically Provides		% NRV	Available SKU
Peppermint Oil	50mg	-	30 Capsules

Vegetarian	Intake
No	Up to three a day



P1162-150918



P1024-160309

Selenium with A, C & E

Essential Trace Element, with Antioxidant vitamins. Supports a healthy immune system as well as benefitting 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 αTE	83%
Vitamin C	60mg	75%
Selenium	200µg	364%

Size

9mm Round Tablet

Available SKU

30 Tablets

Vegetarian

Yes

Intake

One a day



P1140-160310

BEST SELLER

Vitamin B Complex

Complete Vitamin B Complex 100% NRV, 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



P1027-150306

Vitamin B6 10mg

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

BEST SELLER

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

		% NRV
Vitamin C	1000mg	1250

Available SKU

20 Tablets

Vegetarian

Yes

Intake

One a day



P1401-200527

Vitamin C 1000mg & Zinc Effervescent

Popular Uses

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

Typically Provides

		% NRV
Vitamin C	1000mg	1250
Zinc	15mg	150

Available SKU

20 Tablets

Vegetarian

Yes

Intake

One a day



P1225-140220



P1163-160506

BEST SELLER

Vitamin C 500mg - Chewable

Typically Provides		% NRV	Size
Vitamin C	500mg	625	20mm x 8.5mm caplet
			Available SKU
			30 Caplets
			Vegetarian
			Yes
			Intake
			One a day

Zinc 10mg

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		Size
Skin Health, Hair, Reproductive System, Reduces Lifespan and Severity of Colds		8mm Round Tablet
		Available SKU
		60 Tablets
		Vegetarian
		Yes
		Intake
		One a day

Typically Provides		% NRV
Zinc Citrate	32mg	-
Equivalent to		
Elemental Zinc	10mg	100



P1222-140110



P1131-160607

BEST SELLER

Vitamin D 400iu / 10µg

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

Popular Uses		Size
Bone & Teeth Health, Calcium Absorption, Healthy Muscles		8mm Round Tablet
		Available SKU
		60 Tablets
		Vegetarian
		Yes
		Intake
		One a day

Typically Provides		% NRV
Vitamin D3 (as Cholecalciferol)	400iu (10µg)	200%



P1204-160531

BEST SELLER

Vitamin E 200iu

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

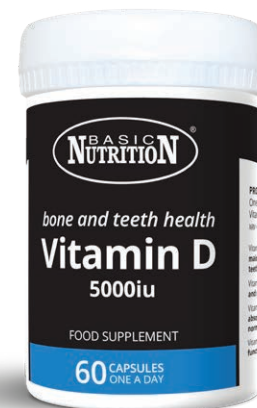
Popular Uses		Size
Antioxidant, Cell Protection, Heart Health, Skin Health, Immune support		12mm x 7.5mm
		Available SKU
		30 Capsules
		Vegetarian
		No
		Intake
		One to two a day

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

Manufactured to order

The following supplements can be manufactured to order, with Minimum Order Quantity (MOQ) starting from as little as 3,000 units per line.







UK Vitamins & Supplements

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Version 7
April 2021

