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Oxford Health Standard Formulation List



EPO, Cod Liver Oil & Omega 3:

| Evening Primrose Oil & GLA | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|-------------------------------------|----------|-------------------------|-----------|------------|-------|---------------------------|
| Evening Primrose Oil (EPO) | 300mg | Soft Gel Capsule | 10 Oval | N | N | 9% GLA & added Vitamin E |
| Evening Primrose Oil | 500mg | Soft Gel Capsule | 10 Oval | N | N | 9% GLA & added Vitamin E |
| Evening Primrose Oil - Gelatin Free | 500mg | Soft Vegetarian Capsule | 10 Oval | Y | Y | 9% GLA & added Vitamin E |
| Evening Primrose Oil | 1000mg | Soft Gel Capsule | 20 Oblong | N | N | 9% GLA & added Vitamin E |
| Evening Primrose Oil - Gelatin Free | 1000mg | Soft Vegetarian Capsule | 20 Oblong | Y | Y | 9% GLA & added Vitamin E |
| Evening Primrose Oil & Starflower | 1000mg | Soft Gel Capsule | 20 Oblong | N | N | 9% GLA & added Vitamin E |
| Starflower Oil | 500mg | Soft Gel Capsule | 10 Oval | N | N | 20% GLA & added Vitamin E |
| Starflower Oil | 1000mg | Soft Gel Capsule | 20 Oblong | N | N | 20% GLA & added Vitamin E |
| Starflower Oil - Gelatin Free | 1000mg | Soft Vegetarian Capsule | 20 Oblong | Y | Y | 20% GLA & added Vitamin E |

| Cod Liver Oil & Cod Combinations | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|---|-----------|-------------------------|-----------|------------|-------|--|
| Cod Liver Oil / Fish Body Oil | 250mg | Soft Gel Capsule | 5 Oval | N | N | 51% CLO & 49% FBO. Added Vitamin A & D. |
| Cod Liver Oil / Fish Body Oil | 500mg | Soft Gel Capsule | 10 Oval | N | N | 51% CLO & 49% FBO. Added Vitamin A & D. |
| Cod Liver Oil / Fish Body Oil | 1000mg | Soft Gel Capsule | 20 Oblong | N | N | 51% CLO & 49% FBO. Added Vitamin A & D. |
| Cod Liver Oil / Fish Body Oil - Vegetarian | 1000mg | Soft Vegetarian Capsule | 21 Oblong | N | N | 51% CLO & 49% FBO. Added Vitamin A & D. |
| Cod Liver Oil / Fish Body Oil & EPO | 500/500mg | Soft Gel Capsule | 20 Oblong | N | N | 51% CLO & 49% FBO. Added Vitamin A & D. |
| Cod Liver Oil / Fish Body Oil & Multivitamins | 500mg | Soft Gel Capsule | 13 Oval | N | N | Cod Liver Oil, Fish Body Oil and 13 added vitamins & minerals. |
| Cod Liver Oil / Fish Body Oil & Calcium 400mg | 500mg | Soft Gel Capsule | 10 Oval | N | N | 51% CLO & 49% FBO. Added Calcium, Vitamin A & D. |
| Cod Liver Oil / Fish Body Oil & Garlic | 958mg | Soft Gel Capsule | 10 Oval | N | N | 51% CLO & 49% FBO. 0.4mg of Garlic Macerate. |
| Cod Liver Oil / Fish Body Oil & Glucosamine | 500mg | Soft Gel Capsule | 10 Oval | N | N | 51% CLO & 49% FBO. 500mg of Glucosamine Sulphate. |

| Omega 3 Fish Oil | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|--|----------|------------------|-----------|------------|-------|------------------------------------|
| Omega 3 Fish Oil | 300mg | Soft Gel Capsule | 6 Oval | N | N | 75mg combined EPA & DHA. |
| Omega 3 Fish Oil | 550mg | Soft Gel Capsule | 10 Oval | N | N | 137mg combined EPA & DHA. |
| Omega 3 Fish Oil | 1000mg | Soft Gel Capsule | 20 Oblong | N | N | 250mg combined EPA & DHA. |
| High Strength Omega 3 Fish Oil | 1000mg | Soft Gel Capsule | 20 Oblong | N | N | 450mg combined EPA & DHA. |
| Omega 3 Fish Oil - 250mg DHA | 1300mg | Soft Gel Capsule | 22 Oblong | N | N | 95mg EPA & 250mg DHA |
| Omega 3 Fish Oil - increased EPA & DHA | 556mg | Soft Gel Capsule | 10 oval | N | N | 250mg combined EPA & DHA |
| Omega 3+6+9 Fish Oil | | Soft Gel Capsule | 11 Oval | N | N | A blend of Fish, EPO and Olive oil |

| Omega Vegetable Oils | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|-----------------------------------|----------|-------------------------|-----------|------------|-------|-----------------------------------|
| Omega 3+6+9 | | Soft Gel Capsule | 20 Oblong | N | N | Flaxseed, EPO & Olive oil. |
| Omega 3 Flaxseed Oil (Vegetarian) | 1000mg | Soft Vegetarian Capsule | 20 Oblong | Y | Y | Flaxseed Oil providing 450mg ALA. |



Vitamin C, D, E & B:

| Vitamin C | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|------------------------|----------|-----------------|-------------|------------|-------|-----------------------------------|
| Vitamin C Chewable | 200mg | Chewable Tablet | Small Round | Y | Y | Various flavours available. |
| Vitamin C | 200mg | Tablet | Small Round | Y | Y | |
| Vitamin C Chewable | 500mg | Tablet | Round | Y | Y | Various flavours available. |
| Vitamin C | 500mg | Tablet | Round | Y | Y | |
| Vitamin C Chewable | 1000mg | Tablet | Round | Y | Y | Various flavours available. |
| Ester C | 1000mg | Tablet | Oblong | Y | Y | |
| Vitamin C Slow Release | 500mg | Tablet | Oblong | Y | Y | |
| Vitamin C & Zinc | | Tablet | Oblong | Y | Y | 100mg of Vitamin C & 15mg of Zinc |

| Vitamin D | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|------------------------|----------|--------|-------|------------|-------|--|
| Vitamin D | 10µg | Tablet | Round | Y | N | Available in chewable or non-chewable format |
| Vitamin D | 12.5µg | Tablet | Round | Y | N | Available in chewable or non-chewable format |
| Vitamin D | 25µg | Tablet | Round | Y | N | Available in chewable or non-chewable format |
| Vitamin D | 50µg | Tablet | Round | Y | N | Available in chewable or non-chewable format |
| Vitamin D | 75µg | Tablet | Round | Y | N | Available in chewable or non-chewable format |
| Vitamin D | 100µg | Tablet | Round | Y | N | Available in chewable or non-chewable format |
| Vitamin D & Folic Acid | | Tablet | Round | Y | N | 10mcg Vitamin D & 400mcg Folic Acid. |

| Vitamin E | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|-----------|----------|------------------|-----------|------------|-------|----------|
| Vitamin E | 250iu | Soft Gel Capsule | 5 Oval | N | N | |
| Vitamin E | 400iu | Soft Gel Capsule | 10 Oval | N | N | |
| Vitamin E | 800iu | Soft Gel Capsule | 14 Oblong | N | N | |

| Vitamin B | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|--|----------|--------|-------------|------------|-------|---------------------------------------|
| Vitamin B6 | 50mg | Tablet | Round | Y | Y | |
| Vitamin B12 | 10µg | Tablet | Small Round | Y | Y | |
| Vitamin B12 | 1000ug | Tablet | Round | Y | Y | |
| Vitamin B Complex | | Tablet | Round | Y | Y | Contains 7 B Vitamins |
| High Strength Vitamin B (Homocysteine) | | Tablet | Round | Y | Y | 500ug Vit B12 with B6 and Folic Acid. |
| Folic Acid | 400mcg | Tablet | Round | Y | Y | |



Multivitamins, Minerals & Children:

| Multivitamins | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|----------------------------------|----------|-----------------|--------|------------|-------|--------------------------------------|
| Multivitamins | | Tablet | Round | Y | N | Contains 11 nutrients at 100% NRV. |
| Multivitamins - 400mcg Vitamin A | | Tablet | Round | Y | N | 11 nutrients with reduced Vitamin A. |
| Multivitamins & Iron | | Tablet | Round | Y | N | 13 nutrients with reduced Vitamin A. |
| Multivitamins & Zinc | | Tablet | Round | Y | N | |
| Chewable Multivitamins | | Chewable Tablet | Round | Y | N | |
| A-Z Multivitamins & Minerals | | Tablet | Oblong | Y | N | Contains 24 nutrients. |
| 50+ A-Z Multivitamins & Minerals | | Tablet | Oblong | Y | N | Contains 29 nutrients. |

| Minerals | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|--|-----------|--------|--------|------------|-------|---------------------------------------|
| Calcium & Vitamin D | | Tablet | Oblong | Y | N | 100% NRV- two a day. |
| Calcium, Vitamin D & Vitamin K | | Tablet | Oblong | Y | N | 100% NRV- two a day. |
| Calcium, Magnesium & Vitamin D | | Tablet | Oblong | Y | N | 100% NRV- two a day. |
| Calcium & Vitamin D (Chewable) 2 a day | | Tablet | Round | Y | N | 100% NRV- two a day. Vanilla flavour. |
| Calcium & Vitamin D (Chewable) 3 a day | | Tablet | Round | Y | N | 100% NRV- two a day. Vanilla flavour. |
| Iron | 14mg | Tablet | Round | Y | Y | |
| Iron & Vitamin C | 14mg/60mg | Tablet | Round | Y | Y | |
| Magnesium | 187.5mg | Tablet | Oblong | Y | Y | |
| Magnesium | 375mg | Tablet | Oblong | Y | Y | |
| Selenium & Vitamins A, C, E | | Tablet | Round | Y | Y | 100ug Selenium |
| Zinc | 10mg | Tablet | Round | Y | Y | |
| Zinc | 15mg | Tablet | Round | Y | Y | |

| Children's | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|---------------------------------------|----------|------------------|---------|------------|-------|--|
| Kids Multivitamins & Minerals | | Tablet | Round | Y | N | 15 nutrients at 50% NRV. Various flavours. |
| Kids Chewable Vitamin D | 7.5µg | Tablet | Round | Y | N | Various flavours. |
| Kids Chewable Multivitamin A, C, D, E | | Tablet | Round | Y | N | Various flavours. |
| Young Adult Multivitamin | | Tablet | Oblong | Y | N | Contains 23 nutrients. |
| Kids Chewy Omega 3 | | Soft Gel Capsule | 12 Oval | N | N | Fish Oil with vitamins A, C, D & E. |



Glucosamine, Garlic & CoQ10 & Sourced Items:

| Glucosamine | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|---|-----------|--------|--------|------------|-------|---------------------------|
| Glucosamine & Vitamin C | 300mg | Tablet | Oval | N | N | Contains 12mg Vitamin C. |
| Glucosamine & Vitamin C | 500mg | Tablet | Oval | N | N | Contains 12mg Vitamin C. |
| Glucosamine & Vitamin C | 750mg | Tablet | Oblong | N | N | Contains 12mg Vitamin C. |
| Glucosamine & Vitamin C | 1000mg | Tablet | Oblong | N | N | Contains 12mg Vitamin C. |
| Glucosamine & Vitamin C | 1400mg | Tablet | Oblong | N | N | Contains 12mg Vitamin C. |
| Glucosamine & Vitamin C | 1500mg | Tablet | Oblong | N | N | Contains 12mg Vitamin C. |
| Vegetarian Glucosamine HCL | 1500mg | Tablet | Oblong | Y | Y | 1500mg Glucosamine HCL |
| Glucosamine, Chondroitin & Vitamin C | 500/400mg | Tablet | Oblong | N | N | Also contains 12mg Vit C. |
| Glucosamine & Chondroitin & MSM | 500/400mg | Tablet | Oblong | N | N | Contains 166mg MSM. |
| Glucosamine, Chondroitin, MSM & Manganese | 302/25mg | Tablet | Oblong | N | N | Contains 100mg MSM. |

| Garlic | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|--------------------------|----------|------------------|-----------|------------|-------|--------------------------|
| Odourless Garlic Extract | 2 mg | Soft Gel Capsule | 4 Oval | N | N | |
| Odourless Garlic Extract | 3 mg | Tablet | Round | Y | Y | Also contains Vitamin B1 |
| Garlic Macerate | 360mg | Soft Gel Capsule | 7.5 Oval | N | N | |
| Garlic Macerate | 1000mg | Soft Gel Capsule | 20 Oblong | N | N | |

| CoQ10 | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|-------------------------|----------|------------------|---------|------------|-------|-----------------------------|
| Co Enzyme Q10 + B1 | 30mg | Soft Gel Capsule | 10 Oval | N | N | Contains 15% NRV of Vit B1. |
| Co Enzyme Q10 + B1 | 100mg | Soft Gel Capsule | 10 Oval | N | N | Contains 15% NRV of Vit B1. |
| Co Enzyme Q10 + B1 | 200mg | Soft Gel Capsule | 10 Oval | N | N | Contains 15% NRV of Vit B1. |
| Co Enzyme Q10 Ubiquinol | 50mg | Soft Gel Capsule | 10 Oval | N | N | |

| Effervescent, Jellies & CLO Liquid | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|-------------------------------------|----------|--------|-------|------------|-------|---|
| Multivitamins A, C, D, E Jellies | | | Round | | | Various flavours |
| Vitamin C Effervescent | 1000mg | Tablet | Round | | | Various flavours. |
| Vitamin C & Zinc Effervescent | | Tablet | Round | | | 1000mg Vitamin C & 15mg Zinc. Various flavours. |
| Energy Effervescent | | Tablet | Round | | | 12 Nutrients. Various flavours. |
| Multivitamin & Mineral Effervescent | | Tablet | Round | | | 12 Nutrients. Various flavours. |



Lifestyle:

| Lifestyle | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|-------------------------------|----------|------------------|-----------|------------|-------|---|
| Jointcare | | Tablet | Oblong | N | N | Glucosamine, Rosehip, Ginger, MSM |
| Jointassure | | Soft Gel Capsule | 20 Oblong | N | N | Glucosamine, Omega 3 and Chondroitin. |
| Conception Support for Men | | Tablet | Oval | Y | N | Specially formulated to aid conception. |
| Pregnancy Care | | Tablet | Oval | Y | N | Specially formulated to support through all stages of pregnancy. |
| Pregnancy Support Plus Duo | | Soft Gel Capsule | 20 Oblong | N | N | A duo pack of Multivitamins & Minerals tablet with Omega 3 capsule. |
| | | Tablet | Oval | Y | Y | |
| Women's Health | | Soft Gel Capsule | 20 Oblong | N | N | Specially formulated A-Z for Women with EPO. |
| Men's Health | | Tablet | Oblong | Y | N | Specially formulated A-Z for Men. |
| Men's 50+ | | Tablet | Oblong | Y | N | Specially formulated A-Z for 50+ Men. |
| Women's 50+ | | Tablet | Oblong | Y | N | Specially formulated A-Z for 50+ Women. |
| Complete Menopause | | Tablet | Oblong | Y | N | A-Z formulation to provide support through the Menopause. |
| Eye Support | | Tablet | Oblong | Y | N | 24 nutrients including Lutein. |
| Krill Oil (Brain & Heart) | 300mg | Soft Gel Capsule | 20 Oblong | N | N | |
| B-Active Energy Release | | Tablet | Oblong | Y | Y | High strength Vitamin B Complex. |
| Osteo Support | | Tablet | Oblong | Y | N | A multi vitamin and mineral designed to support bone health |
| Heart Health | | Tablet | Oblong | Y | N | A multi vitamin and mineral designed to support heart health |
| Immune Support | | Tablet | Oblong | Y | N | A multi vitamin and mineral designed to support immune health |
| Glucose & Vitamin C- chewable | | Tablet | Round | Y | Y | Orange flavour |
| Jointcare | | Tablet | Oblong | N | N | Glucosamine, Rosehip, Ginger, MSM |
| Jointassure | | Soft Gel Capsule | 20 Oblong | N | N | Glucosamine, Omega 3 and Chondroitin. |
| Conception Support for Men | | Tablet | Oval | Y | N | Specially formulated to aid conception. |



Beauty & Sports Nutrition:

| Beauty | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|----------------------|----------|------------------|--------|------------|-------|--|
| Skin, Hair & Nails | | Tablet | Oblong | Y | N | A multi vitamin and mineral designed to maintain healthy skin, hair & nails. |
| Skin Perfection Plus | | Tablet | Oblong | Y | N | Specially formulated A-Z with added Collagen and Lycopene. |
| Hyaluronic Acid | 50mg | Hard Gel Capsule | Size 1 | N | N | Contains Copper to allow EFSA Health Claim |
| Collagen | 1000mg | Tablet | Oblong | N | N | Contains Copper to allow EFSA Health Claim |
| Tanning Tablets | | Tablet | Oblong | N | N | To be used before, during and after a holiday. |
| Biotin | 900µg | Tablet | Round | Y | Y | |



| Sports Nutrition | Strength | Format | Size | Vegetarian | Vegan | Comment: |
|-------------------|----------|------------------|-----------|------------|-------|---|
| Raspberry Ketones | 250mg | Tablet | Round | Y | Y | 250mg extract providing 10mg Raspberry Ketones |
| Creatine | 500mg | Tablet | Oval | Y | Y | Creatine Monohydrate |
| Green Tea | 1000mg | Tablet | Round | Y | Y | Extract equivalent to Green Tea Leaf |
| Thermogenic Aid | | Tablet | Round | Y | Y | A combination of Vitamins, Minerals and BCAAs. Includes Caffeine, Ginger and Green Tea. |
| CLA | 1600mg | Soft Gel Capsule | 20 Oblong | N | N | Conjugated Linoleic Acid |



