

Super Multi for Adults - Product number B019 - 100 Vecaps

Description

Broadly formulated and modern multivitamin. Contains both regular vitamins and their coenzyme forms, biologically bound minerals and nutrients that help protect cells against oxidative damage (namely vitamins C and E, zinc and selenium). Suitable for men and women. No herbs or organ extracts have been added to this multi. Since iron can become toxic in high doses, this multi has a relatively low iron content. This improved formula now contains vitamin B6 and folic acid only in the coenzyme forms P-5-P and 5-methyltetrahydrofolate. This formula is also suitable for pregnant women.

Ingredients and% Reference Intake per vegetarian capsule:

Vitamin A palmitate 2000 IU = 600 mcg 75%

Beta carotene 1 mg 10.4% (RE)

Vitamin D3 400 IU = 10 mcg 200%

Vitamin K2 (MK-7, from Natto / Soy 20 mcg 26.7%

Lycopene 2 mg

Vit. B1 (thiamine-HCL) 10 mg 811%

Vit. B1 (thiamine cocarboxylase) 5 mg 295%

Vit. B2 (riboflavin) 10 mg 714%

Vit. B2 (riboflavin-5-phosphate) 5 mg 268%

Vit. B3 (niacinamide) 25 mg 156%

Inositol hexaniacinate 25 mg 121%

Vit. B5 (calcium pantotenate) 35 mg 530%

Vit. B5 (panthetin, pro-CoA 5 mg 83%

Vit. B6 (pyridoxal-5-phosphate) 10.0 mg 489%

Active folic acid:

5-Methyltetrahydrofolate 500 mcg 250%

Vit. B12 (hydroxycobalamin) 50 mcg 1944%

Vit. B12 (dibencoside) 50 mcg 1685%

Vit. B12 (methylcobalamin) 50 mcg 1977%

R + Alpha lipoic acid 7.5 mg

PABA 10 mg

Biotin 200 mcg 400%

Choline (bitartrate) 40 mg

Inositol 25 mg

N, N-Dimethylglycine (vit. B15) 5 mg
Trimethylglycine (betaine base) 20 mg
Vit. C (calcium ascorb., Ascorbic acid) 106 mg 132%
Vit. C (ascorbyl palmitate) 7 mg 3.75%
OPC (grapeseed extract 95%) 5 mg
Grapeskin extract (5% reveratrol) 10 mg
Vit. E (d, a-tocopherol succinate) 30 IU 250%
Coenzyme Q10 (ubiquinone) 5 mg
Chromium (chromium picolinate) 50 mcg 125%
Selenium (L-Selenomethionine) 75 mcg 136%
Zinc (L-zinc monomethionine) 7.5 mg 75%
Calcium (ascorbate) 15 mg 1.6%
Magnesium (bisglycinate) 35 mg 9.33%
Manganese (bisglycinate) 2 mg 100%
Boron (boric acid) 0.5 mg
Iodine (potassium iodate) 125 mcg 83%
Molybdenum (sodium molybdate) 35 mcg 70%
Copper (bisglycinate) 0.5 mg 50%
Iron (bisglycinate) 2.1 mg 15%

Capsule wall: HPMC. **Filler:** microcrystalline cellulose. **Anti-caking agents:** vegetable magnesium stearate, silicon dioxide.

All minerals are listed in basic amounts. The vitamin K2 in this product is extracted from a fermented, purified Natto extract and may contain very minor traces of SOY. This product does not contain gluten, lactose, milk proteins or animal gelatin

Usage and warnings:

Adults take 1 capsule daily with meals, or according to expert advice. Do not exceed recommended dosage. Keep out of reach of children. This dietary supplement is not suitable for children up to and including 17 years old. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet. Close packaging well after use. Store dry (not in the refrigerator due to condensation). The product has a shorter shelf life after opening the packaging.