

RDA-Multi

Description

Product number B086 - 100 Vecaps

This ADH-Multi replaces the Basis Multi + (B062), the BasisMulti + is no longer available.

Broadly composed and modern multivitamin in which the amounts of vitamins and minerals are aligned as much as possible with the Recommended Daily Allowance (RDA, recently also called Reference Intake RI). This product has been developed for people who want to take a high-quality but not high-dose multi.

In addition to metabolically active coenzymes and biologically bound, easily absorbable minerals, this multi also contains taurine, lycopene, lutein, vitamins K1 and K2 and vitamin E in a high-quality mix of natural tocopherols and tocotrienols.

Note: all ingredients are listed in their basic quantities, for example:

The 2.2 mg pyridoxal-5-phosphate (P-5-P or coenzyme B6) listed is equivalent to 1.4 mg elemental vitamin B6 (pyridoxine) or 100% of the RDI of this vitamin.

Ingredients and% Reference Intake per vegetarian capsule:

Vitamin A palmitate 2667 IU = 800 mcg 100%

Lutein (carotenoid) 2 mg

Lycopene (carotenoid) 1 mg

Vitamin D3 (cholecalciferol) 200 IU = 5 mcg 100%

Vitamin K1 (phylloquinone) 65 mcg 86.7%

Vitamin K2 (menaquinone, MK-7) 10 mcg 13.3%

Vitamin B1 (thiamine-HCL) 0.7 mg 50%

Vitamin B1 (thiamine mononitrate) 0.68 mg 50%

Vitamin B2 (riboflavin-5-phosphate, coenzyme B2) 1.87 mg 100%

Vitamin B3 (niacinamide) 8 mg 50%

Vitamin B3 (inositol hexaniacinate) 8.8 mg 50%

Vitamin B5 (calcium pantothenate) 3.275 mg 50%

Vitamin B5 (pantethine, pro-CoA) 3 mg 50%

Vitamin B6 (pyridoxal-5-phosphate, coenzyme B6) 2.2 mg 100%

5-Methyltetrahydrofolate (active folic acid, Metafolin®) 226 mcg 100%

Vit. B12 (hydroxycobalamin) 2.62mcg 100%

Vit. B12 (adenosylcobalamin, coenzyme B12) 2.97 mcg 100%

R + Alpha lipoic acid 5 mg

Biotin 75 mcg 150%

Choline (bitartrate) 30 mg

Inositol 20 mg

Vitamin C (calcium ascorbate / ascorbic acid) 80 mg 100%

Vitamin E (natural mixed tocopherols & tocotrienols) 12 mg 100%

Coenzyme Q10 (ubiquinone) 5 mg

Taurine 25 mg

Chromium (picolinate) 40 mcg 100%

Selenium (L-Selenomethionine) 55 mcg 100%

Zinc (L-zinc monomethionine) 10 mg 100%

Copper (bisglycinate) 1 mg 100%

Magnesium (bisglycinate) 56.25 mg 15%

Manganese (bisglycinate) 1 mg 50%

Boron (boric acid) 0.5 mg

Iodine (potassium iodide) 150 mcg 100%

Molybdenum (sodium molybdate) 50 mcg 100%

Iron (bisglycinate) 7 mg 50%

Capsule wall: HPMC. **Filler:** microcrystalline cellulose. **Anti-caking agents:** vegetable magnesium stearate, silicon dioxide. This product does not contain soy, gluten, milk protein or lactose.

Usage and warnings:

Adults and children from 4 years old take 1 capsule per day 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 3 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 longer shelf life after opening the packaging.