

Beta Glucan Complex 60 Tablets

EAN: 5055148410827 FABRICANTE: LAMBERTS



Beta-glucans, found in some vegetables, help maintain normal blood cholesterol levels.

DESCRIPTION

Beta-glucans are a very beneficial type of fiber found in some vegetables and help maintain normal blood cholesterol levels.

We can find beta-glucans in foods such as oats, barley or corn, and consuming them from this source helps reduce the rise in blood glucose after eating. We also find them in the form of supplements, which are the ideal alternative to take advantage of their benefits without changing our diet.

Beta-glucans are a heterogeneous group of natural polysaccharides, consisting of D-glucose monomers linked by a β -glucoside bond. They are important structural elements of the cell wall whose main benefit to the body is to support the immune system. The immune system is a network of cells, tissues and organs that work together to protect against germs and microorganisms.

Beta-glucans are one of the active ingredients of many mushrooms and fungi such as reishi, shiitake or maitake.

Currently, beta glucans 1,3/1,6 are widely recommended by professionals in this particular area of health, which are naturally occurring polysaccharides derived from the cell wall of *Sacchomyces Cerevisiae*.

The differences between beta-glucan linkages and their chemical structure, in relation to solubility, mode of action and biological activity in general, are very important.

Research has shown that insoluble 1,3/1,6 beta-glucans have greater biological activity than their soluble 1,3/1,4 beta-glucan counterparts. It is important for immune stimulation that beta-glucan chains contain a large number of 1,3/1,6 linkages. Other linkages may only contribute to the fiber content.

The LAMBERTS® Beta Glucan Complex formula adds important synergistic nutrients to its composition, such as vitamin D3, vitamin C, plus the minerals selenium and zinc, all of which are recognized for their contribution to the immune system, protection of the body from oxidative damage and collaboration in the cell division process.

Contribution per tablet:

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<https://bio-farma.es/buy/f/lamberts/beta-glucan-complex-60-tablets>



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Vitamin D3 (1000 IU)	25 µg
Vitamin C	150 mg
Zinc (citrate)	10 mg
Selenium	110 µg
Yeast (Saccharomyces Cerevisiae)	388 mg
contributing:	
Beta glucans 1,3/1,6	250 mg

Suitable for vegetarians.

Instructions for use

Take 1 tablet daily with a meal.
Do not exceed the expressly recommended daily dose.

Allergen note

The following list of allergens are excluded: wheat, barley, soya, eggs, milk (and dairy products), lactose, nuts, sulphites, celery, fish, shellfish, yeast and gluten-containing ingredients.

Precautions

This product is not recommended for pregnant or breastfeeding women.

