

## Multi-Guard 30 Tablets

EAN: 5055148411985 FABRICANTE: LAMBERTS



*Multi-Guard®, Vegan-friendly multi-nutrient complex. With vitamins and minerals plus ORAC blend.*

### DESCRIPTION

If you are looking for the best high potency multi-nutrient formula, then for both nutrient diversity and quantities, we recommend Multi-Guard®.

A good vitamin complex is often the main pillar of a supplementation program and Multi-Guard® is probably the most complete One-A-Day vitamin and mineral complex on the market, being suitable for all adults and also for vegans.

Although our other multi formulas contain vitamin D3 from lanolin, in this product it is not from lanolin, but from a plant source (lichen). This completely vegetarian and vegan vitamin D3 is approved by the Vegan Society and the Vegetarian Society, and is the natural form in which the body produces vitamin D after exposure to the sun.

While many vegan supplements provide vitamin D as vitamin D2 (ergocalciferol, a derivative of ergosterol), vitamin D3 (cholecalciferol) is the form that most in the scientific community believe to be superior.

Vitamins are a group of organic nutrients, essential for regulating chemical processes in the body, and B vitamins are known for their role in obtaining energy and contributing to reducing tiredness and fatigue. In this formula, all vitamins are present in relevant quantities, making it a useful product when, mainly, a medium/high potency B complex is required.

Vitamin D contributes to reducing bone demineralization in postmenopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures in women aged 50 years and older.

Minerals are inorganic substances that actively participate in regulating a wide range of physiological functions, such as the transport of oxygen to cells and the maintenance of the central nervous system. They are also necessary for the growth, maintenance, repair and well-being of tissues.

However, it is the trace minerals in Multi-Guard® that have made this product so popular among professionals.

Only a few, if any, multivitamin and multimineral products contain such a broad spectrum of trace



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minerals at relevant levels, even though research shows that these vital nutrients are just as important and essential as vitamins.

Multi-Guard® also contains a unique blend of plant-based antioxidants derived from green tea, grape seed and rosemary extracts, equivalent to 625 super-antioxidant ORAC units per tablet.

### Red/brown coated oval tablet.

### Each tablet provides:

Vitamin A	800 µg RE	Iron	14 mg
Vitamin D (D3)	10 µg	Zinc	15 mg
Vitamin E	48 mg α-TE	Copper	1 mg
Vitamin K (K1)	75 µg	Manganese	0.5 mg
Vitamin C	160 mg	Selenium	200 µg
Thiamine (B1)	25 mg	Chrome	200 µg
Riboflavin (B2)	25 mg	Molybdenum	200 µg
Niacin (B3)	32 mg NE	Iodine	150 µg
Vitamin B6	10 mg	ORAC Blend	50 mg
Folic Acid	400 µg	with 3-5% (EGCG from Green Tea) epigallocatechin gallate	
Vitamin B12	25 µg	Choline Bitartrate	25 mg
Biotin	150 µg	Inositol	25 mg
Pantothenic Acid (B5)	24 mg	Routine	25 mg
		PABA	10 mg

### Disintegration time:

Less than 1 hour.

Suitable for vegetarians.

### Allergen note



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

### Precautions

This product contains iron, which if taken in excess, may be harmful to very young children. Keep out of their sight and reach.

Do not take by pregnant or breastfeeding women.

If you are taking anticoagulants (blood thinners), do not take this product except under the direction of your doctor.

Do not exceed 800 mg of EGCG daily. Do not take this product with other products containing Green Tea.

A dark yellow color of the urine is normal. This is harmless and indicates that the body is using Vitamin B2 (Riboflavin) effectively.

Long-term intake of this amount of vitamin B6 can lead to mild tingling and numbness.

### Instructions for use

Adults 18 years of age and older, take 1 tablet daily with a meal.

Do not take on an empty stomach.

