

## Multi Guard® Control 120 Tablets

EAN: 5055148411329    FABRICANTE: LAMBERTS



*Multivitamin with 25 key nutrients. With chromium, which helps maintain normal blood glucose levels.*

### DESCRIPTION

Multi-Guard® Control is a high-concentration multivitamin and mineral formula specifically designed to help the body maintain a more even balance of energy reserves between meals.

This product provides 25 nutrients, all at relevant levels. The main benefits and differences of Multi-Guard® Control compared to other multis are the following:

The trace mineral chromium, 200 µg per two tablets contributes to the maintenance of normal blood glucose levels. This is considerably more than is commonly found in other multis.

Cinnamon has been a favourite of herbalists for many years and this product provides a concentrated extract with levels similar to the research conducted on this spice and its influence on blood sugar.

Other nutrients such as zinc, vitamin C and vitamins B1, B3 and B6 (as P5P, the active form of B6), together with 300 mg of magnesium (involved in more than 300 metabolic processes in the body), are among its active ingredients. All of them contribute to normal energy metabolism and are present in optimal concentrations. Trace minerals such as selenium, iodine and zinc play a significant role in its composition.

Diabetics, please read the precautions section.

**Oval tablet with orange/brown coating.**

**Two tablets provide:**

Vitamin D	5 µg	Magnesium	300 mg
Vitamin E	50 mg α-TE	Iron	14 mg
Vitamin K (K1)	20 µg	Zinc	15 mg
Vitamin C	100 mg	Copper	500 µg
Thiamine (B1)	25 mg	Manganese	0.5 mg
Riboflavin (B2)	12 mg	Selenium	200 µg
Niacin (B3)	50 mg NE	Chrome	200 µg

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Vitamin B6 (as P5P)	10 mg	Iodine	150 µg
Folic Acid	400 µg	Choline Bitartrate	25 mg
Vitamin B12	50 µg	Inositol	25 mg
Biotin	150 µg	PABA	25 mg
Pantothenic Acid (B5)	25 mg	Cinnamon Bark	2000 mg
Calcium	120 mg	(as 80 mg of 25:1 extract)	

### Tableted / Encapsulated with:

See product label.

### Disintegration time:

Less than 1 hour

### Suitable for vegetarians

### Allergen note

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

Diabetics should inform their doctor of any supplements they are taking. A dark yellow color to the urine is normal. This is harmless and indicates that the body is using Vitamin B2 (Riboflavin) effectively. This product contains iron which, if taken in excess, may be harmful to very young children. Keep out of their sight and reach.

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

Prolonged intake of this amount of vitamin B6 may cause slight tingling and numbness. This product is not recommended for pregnant or breastfeeding women.





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### Storage instructions

Store in a cool, dry place, protected from light and out of the reach of young children.


### Instructions for use:

- Take 2 tablets daily, preferably 1 with breakfast and 1 with lunch or dinner.
- Do not exceed the expressly recommended daily dose.
- One container lasts: 30 days.

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<https://bio-farma.es> - [info@bio-farma.es](mailto:info@bio-farma.es)

C/ Vermell, 20 3r 3a - 17252  
St. Antoni de Calonge (Girona) Spain

 +34 696 79 77 77

