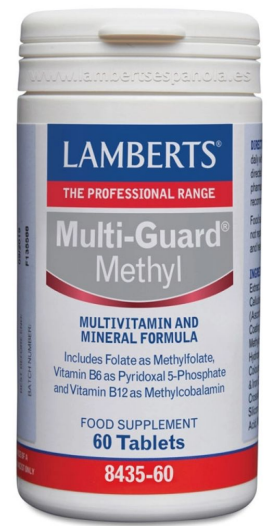


Multi Guard® Methyl 60 Tablets

EAN: 5055148413316

FABRICANTE: LAMBERTS



Multinutrient with folate as Methylfolate, Vitamin B6 as Pyridoxal 5-Phosphate and Vitamin B12 as Methylcobalamin.

DESCRIPTION

This one-tablet-per-day formulation contains important nutrients in bioavailable forms and is suitable for those requiring methylation support. It includes folate as methylfolate, vitamin B6 as pyridoxal 5-phosphate, and vitamin B12 as methylcobalamin, plus vitamin K2 (menaquinone-7).

- This product provides 24 important nutrients at relevant levels.
- Includes folate as methylfolate, vitamin B6 as pyridoxal 5-phosphate, and vitamin B12 as methylcobalamin.
- B vitamins contribute to normal energy-yielding metabolism and are present in bioavailable forms.
- Contains magnesium and zinc, as well as vitamins D3 and K2.
- Provides micronutrients such as choline and inositol to support metabolism.
- Suitable for Vegetarians.

Each tablet provides:

Vitamin A	800 µg RE	Pantothenic Acid (B5)	30 mg
Vitamin D (D3)	15 µg	Magnesium	120 mg
Vitamin E	24 mg α-TE	Iron	14 mg
Vitamin K (K2)	75 µg	Zinc	10 mg
Vitamin C	80 mg	Copper	1000 µg
Thiamine (B1)	3.3 mg	Manganese	0.5 mg
Riboflavin (B2)	4.2 mg	Selenium	110 µg
Niacin (B3)	48 mg RE	Chrome	120 µg
Vitamin B6	4.2 mg	Molybdenum	50 µg
Folic Acid (as Folate)	200 µg	Iodine	150 µg
Vitamin B12	30 µg	Hill	10 mg
Biotin	50 µg	Inositol	10 mg

Allergen note

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241215
<https://bio-farma.es/buy/f/lamberts/multi-guard-reg-methyl-60-tablets>





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

Precautions

This product contains iron, which, if taken in excess, may be harmful to young children. Do not take by pregnant or breast-feeding women.

Contains vitamin A, do not take by pregnant or breastfeeding women. Contains vitamin K, if you are taking blood thinners, do not take this product unless directed by a doctor.

Instructions for use

Take 1 tablet daily.

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<https://bio-farma.es/buy/f/lamberts/multi-guard-reg-methyl-60-tablets>

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