

Multi Guard® Pregnancy 90 Tablets

EAN: 5055148414238

FABRICANTE: LAMBERTS



For women waiting to conceive, pregnant or breastfeeding, WITHOUT VITAMIN A.

DESCRIPTION

Replacing our previous StrongStart MVM®, the new Multi-Guard® Pregnancy is a new Multi formula, containing NO Vitamin A, optimized for women who want to conceive, who are pregnant or who are breastfeeding.

It provides optimal levels of nutrients necessary in these important moments, about which we mention some of its nutritional benefits, due to its contribution of nutrients per daily dose:

400 µg of folic acid (as Methylfolate), the recommended level of folic acid that contributes to the growth of maternal tissues during pregnancy, to reduce tiredness and fatigue, to the normal function of the immune system, among others. Methylfolate (or 5-MTHF) is the active form of folate, ready to be used by the body, and is the natural form in which folic acid occurs in foods.

130 mg of Choline, which contributes to the normal liver function of the fetus and exclusively breastfed infant.

In addition to the nutrients already mentioned, which have a direct benefit for women and the baby during pregnancy and breastfeeding, Multi-Guard® Pregnancy provides a wide spectrum of other nutrients, which also have important functions for the body, such as which we mention some, and synthesis of their properties, for the sake of brevity.

The important B vitamins, which are also at risk of falling below the RNI's (which are certainly well below recommended levels). For, if folic acid supplementation is required, it seems likely that other B vitamins are also at risk.

This group of B vitamins contribute to the normal functioning of the immune system, to normal psychological function, to the reduction of tiredness and fatigue, helps to maintain normal skin, nails and hair, as well as the process of cell division, among others. functions. Vitamin B6 helps regulate hormonal activity, normal red blood cell formation and more.

Biotin, in turn, contributes to the maintenance of hair and skin in normal conditions, among others.

Balanced amounts of the wide spectrum of minerals it provides, among which we mention some such as;



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magnesium, copper, selenium, chromium, zinc, iron and calcium.

Calcium is necessary for the maintenance of bones and teeth in normal conditions in addition to contributing to the normal functioning of muscles.

Includes 15 mg of zinc that contributes to normal fertility and reproduction.

In addition, manganese and copper are present to contribute to the maintenance and normal formation of connective tissue.

It also provides 150 mg of magnesium, a mineral known for its multiple functions. Among them, its contribution to reducing tiredness and fatigue.

Chromium, for its part, contributes to the maintenance of blood glucose levels.

LAMBERTS® has developed a range of multi-nutrient formulas to suit the needs of different groups of people, attempting to provide the best possible base of nutrients for a specific group taking into account the dietary needs of each. A multinutrient formula is often the mainstay of a supplementation program.

Vitamins are a group of organic nutrients that are essential for regulating chemical processes in the body. 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 bones and tissues, they help normal energy metabolism and reduce tiredness and fatigue, etc.

2 tablets provide:

Vitamin D (D3)	10 ?g
Vitamin E	10 mg ?-TE
Vitamin K (K1)	70 ?g
Vitamin C	70mg
Thiamin (Vitamin B1)	1.4mg
Riboflavin (Vitamin B2)	1.4mg
Niacin (Vitamin B3)	18 mg NE



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Vitamin B6	2.8mg
Folic Acid as Calcium L-Methylfolate	400 ?g
B12 vitamin	2.6 ?g
Biotin	50 ?g
Ac. Pantothenic (Vitamin B5)	5mg
Calcium	120mg
Magnesium	150 mg
Iron	17mg
Zinc	15mg
Copper	1000 µg
Manganese	0.5mg
Selenium	100 ?g
Chrome	40 ?g
Iodine	150 ?g
Hill	130mg
Inositol	5mg

Tableted / Encapsulated with:

See product label.

Suitable for vegetarians

Allergen note

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

Precautions

This product contains iron which, taken in excess, can be harmful to very young children. Keep out of sight and reach. A dark yellow color to the urine is normal. This is harmless and indicates that the body uses



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Vitamin B2 (Riboflavin) effectively.

If you are taking anticoagulants (blood thinners) do not take this product, except as directed by your doctor.

Storage instructions

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

Legal category

Dietary supplement.

DIRECTIONS : Take 2 tablets a day together or separately. Do not exceed the expressly recommended daily dose. With one container you have: 45 days.

