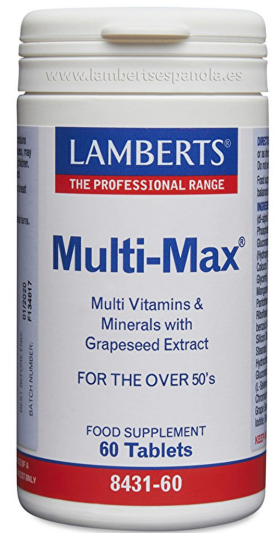


## Multi Max® 60 Tablets

EAN: 5055148412623    FABRICANTE: LAMBERTS



*Multi-Max® Multivitamin for over 50s. Vitamins and Minerals without Vitamin K. With Grape Seed Extract.*

### DESCRIPTION

This multi-vitamin and mineral supplement is ideal for those over 50 (although any 50-year-old adult can take it), who need a good level of iron and vitamin E. It is routinely recommended by many nutritionists as their preferred choice.

This vitamin complex includes high levels of vitamin A, which supports the maintenance of normal skin and vision, as well as significant levels of B vitamins, which contribute to the normal functioning of the immune and nervous systems and normal energy metabolism, also helping to reduce tiredness and fatigue.

A complete range of trace minerals reinforce this in the same way. These include selenium, iron, zinc and copper, which contribute to the normal functioning of the immune system; an important support for the practice of sport or routine exercise at this age.

Powerful antioxidants such as vitamins C and E, plus the minerals selenium and copper provide protection to cells against oxidative damage, along with grape seed extract added to this formula.

Moreover, recent dietary surveys have revealed that a significant proportion of people over 50 do not meet the recommended nutrient values (NRVs) for some micronutrients. Of particular concern among this age group are vitamins D, B12 and calcium. Calcium and vitamin D are known to contribute to reducing bone demineralisation in post-menopausal women and vitamin B12 contributes to normal psychological function and homocysteine metabolism.

Multi-Max® can also be taken with Osteoguard® if additional calcium and magnesium are required. Alternatively, our MultiGuard® OsteoAdvance 50+ provides a similar spectrum of micronutrients plus lutein, herbal extracts and an impressive level of calcium and magnesium.

Oval brown coated tablet.

### Each tablet provides:

Vitamin A	781 µg (2600 IU)	Zinc (as gluconate)	15 mg
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<https://bio-farma.es/buy/f/lamberts/multi-max-reg-60-tablets>



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Vitamin D3	10 µg (400 IU)	Copper (as gluconate)	1.2 mg
Vitamin E	100 mg (150 IU)	Manganese (as gluconate)	0.5 mg
Vitamin C	150 mg	Selenium (L-Selenomethionine)	110 µg
Thiamine (B1)	25 mg	Chromium (as picolinate)	200 µg
Riboflavin (B2)	25 mg	Molybdenum (as molybdate)	200 µg
Niacin (B3)	25 mg	Iodine (as potassium iodide)	150 µg
Vitamin B6	10 mg	Hill	25 mg
Folic Acid	200 µg	Inositol	25mg
Vitamin B12	10 µg	PABA	25 mg
Biotin	150 µg	Grape seed	500 mg
Pantothenic Acid (B5)	25 mg	(Providing 4.17 mg of a 120:1 extract)	
Iron (as fumarate)	14 mg		

Note: The formulation of this product has not changed, it contains (62 mg) of Calcium and (50 mg) of Magnesium, but due to Regulation (EU) 1169/2011, the quantities of the nutrient that are less than 15% of its NRV are not reflected on the label. In the ingredients section of the label, you can see the chemical form of the nutrients.

### 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

This product is not recommended for pregnant or breast-feeding women. 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.

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