

Multi-Guard® ADR

A Multi Vitamin and Mineral Formula With Herbs, CoQ10 and Taurine

Presentation

An orange/brown oval coated tablet.

Two tablets deliver:

Vitamin D3	10µg	Zinc (as citrate)	15mg
Vitamin E	12mg	Copper (as sulphate)	0.5mg
Vitamin K1	20µg	Manganese (as sulphate)	0.5mg
Vitamin C	100mg	Selenium	200µg
Thiamin (Vitamin B1)	25mg	(as L-Selenomethionine / selenite)	
Riboflavin (Vitamin B2)	12mg	Chromium (as picolinate)	200µg
Niacin (Vitamin B3)	50mg	Iodine (as potassium iodide)	150µg
Vitamin B6 (as P5P)	10mg	Choline Bitartrate	24mg
Folic Acid	400µg	Inositol	24mg
Vitamin B12	50µg	PABA	24mg
Biotin	150µg	Taurine	50mg
Pantothenic Acid (Vitamin B5)	150mg	Co-Enzyme Q10	30mg
Calcium (carbonate)	400mg	Rhodiola Rosea (as 125mg extract)	500mg
Magnesium (as oxide/citrate)	250mg	Korean Ginseng (as 40mg extract)	400mg
Iron (as ferrous fumarate)	14mg	providing Ginsenosides	8mg

Tableted with:

Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Cellulose, Colours: Titanium Dioxide & Iron Oxide, Glycerin), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate, Stearic Acid), Crosslinked Cellulose Gum.

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity
60 & 120

type
tablets

code
8443



Uses

The full vitamin B complex is included in Multi-Guard® ADR, which are renowned for their contribution to normal energy-yielding metabolism. There is special focus on pantothenic acid, since this can contribute to both the reduction of tiredness and fatigue, as well as normal mental performance.

Magnesium insufficiency has become commonplace and we have included a full 250mg of magnesium in Multi-Guard® ADR. This mineral contributes to the normal function of the nervous system and plays a role in the reduction of tiredness and fatigue.

Korean Ginseng has a long tradition of use as an adrenal adaptogen. There is 400mg of Korean ginseng root in our product, as a 40mg extract providing 8mg ginsenosides. We have also included 500mg of rhodiola rosea, as a 125mg extract. Many combination formulas simply contain powdered whole herb as opposed to extracts.

Co-Enzyme Q10 (CoQ10) is critical to the cellular ATP (energy) production cycle. This is an expensive nutrient but we will never compromise on the quality or level in our products. That's why we have included a full 30mg, which is an impressive amount for a multi formula and is a level that matches a straight CoQ10 product.

The amino acid taurine is found in popular energy drinks and we have incorporated 50mg into our formula.

Usage and administration

2 tablets daily, preferably one with breakfast and one with either lunch or dinner.

Allergen advice

None (see page 194).

Cautions

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

This product is not recommended for pregnant or lactating women.

Storage instructions

Store in a cool dry place and protected from sunlight.

Legal category

Food supplement.

