

Multi-Guard® Control

Vitamins, trace minerals, magnesium and cinnamon

Presentation

An orange/ brown oval coated tablet.

Two tablets deliver:

Vitamin D3	5µg	Iron (Ferrous Fumarate)	14mg
Vitamin E	50mg	Zinc (as citrate)	15mg
Vitamin K	20µg	Copper (as sulphate)	0.5mg
Vitamin C	100mg	Manganese (as sulphate)	0.5mg
Thiamin	25mg	Selenium (L-Selenomethionine & Sodium Selenite)	200µg
Riboflavin	12mg	Chromium (as picolinate)	200µg
Niacin	50mg	Iodine (as potassium iodide)	150µg
Vitamin B6 (as P5P)	10mg	Choline Bitartrate	25mg
Folic Acid	400µg	Inositol	25mg
Vitamin B12	50µg	PABA	25mg
Biotin	150µg	Alpha Lipoic Acid	150mg
Pantothenic Acid	25mg	Cinnamon Bark	2000mg
Calcium (as carbonate)	100mg	(as 80mg extract)	
Magnesium (Citrate & Oxide)	300mg		

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

quantity
120

type
tablets

code
8441



Uses

This is a comprehensive, high potency multi nutrient supplement which has been formulated specially to help the body maintain a more even balance of its energy reserves between meals.

The formula provides 26 nutrients, all at relevant levels and in particular the mineral chromium. Also included is 300mg of magnesium since it is a component of many enzymes involved in the breakdown of blood sugar, and tends to be deficient in diets based on refined carbohydrates.

This product also provides a concentrated extract of cinnamon which is included at levels that reflect the research carried out on this spice and its influence on blood sugar levels.

A high level of alpha lipoic acid has been added as research has shown that alpha lipoic acid may improve cellular uptake of glucose, as well as being a potent antioxidant. Other nutrients that have also been shown to help support glucose utilisation include: zinc, vitamin C and in particular the vitamins B1, B3 and B6 (as P5P). And these nutrients are all included at significant levels.

Usage and administration

2 tablets daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.
This product contains iron, which if, taken in excess, may be harmful to very young children. Keep out of sight and reach.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

