

Multi-Guard®

High Potency Formula Suitable For All Adults

Presentation

A red/brown oval coated tablet.

Each tablet delivers:

Vitamin A	800µg	Zinc (as citrate)	15mg
Vitamin D3	10µg	Copper (as sulphate)	1mg
Vitamin E	48mg	Manganese (as citrate)	0.5mg
Vitamin K1	75µg	Selenium	200µg
Vitamin C	160mg	(as L-Selenomethionine/Selenite)	
Thiamin (Vitamin B1)	25mg	Chromium (as chloride)	200µg
Riboflavin (Vitamin B2)	25mg	Molybdenum	200µg
Niacin (Vitamin B3)	32mg	Iodine (as potassium iodide)	150µg
Pyridoxine (Vitamin B6)	10mg	ORAC* Blend	50mg
Folic Acid	400µg	Choline Bitartrate	25mg
Vitamin B12	25µg	Inositol	25mg
Biotin	150µg	Rutin	25mg
Pantothenic Acid (Vitamin B5)	24mg	PABA	10mg
Iron (as fumarate)	14mg		

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

*Oxygen Radical Absorbance Capacity

quantity
30 & 90

type
tablets

code
8442



Uses

If you are looking for a high potency multi formula then we highly recommend Multi-Guard® as the best for both potency and spread of nutrients. It is probably the most comprehensive one-a-day multi vitamin and mineral formula on the market and is suitable for all adults.

All the vitamins in this product are present at relevant potencies, making it a useful product where a medium/high potency B complex is needed along with the antioxidants beta carotene and vitamins C and E.

It is the trace minerals in Multi-Guard®, however, that have made this product so popular with practitioners. Few, if any, multivitamin and mineral products have such a broad spectrum of trace minerals present at relevant levels even though research shows these vital nutrients are as important, and essential, as vitamins.

Multi-Guard® also contains our unique blend of plant antioxidants from green tea, rosemary and oregano extracts which provides 625 ORAC super-antioxidant units per tablet.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

Do not take if pregnant or if breastfeeding.

Storage instructions

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

Legal category

Food supplement.

