

Multi-Guard® OsteoAdvance 50+

Multivitamins & minerals including calcium and magnesium

Presentation

An beige oval coated tablet.

Three tablets deliver:

Vitamin A	800µg	Zinc (as citrate)	15mg
Vitamin D3	10µg	Iodine (as potassium iodide)	150µg
Vitamin E	24mg	Manganese (as gluconate)	0.45mg
Vitamin K2	75µg	Copper (as gluconate)	1mg
Vitamin C	120mg	Selenium	110µg
Thiamin (Vitamin B1)	5mg	(as L-Selenomethionine / selenite)	
Riboflavin (Vitamin B2)	4mg	Chromium (as picolinate)	200µg
Niacin (Vitamin B3)	16mg	Choline Bitartrate	5mg
Pyridoxine (Vitamin B6)	10mg	Inositol	5mg
Folic Acid	200µg	PABA	5mg
Vitamin B12	100µg	Lutein	2mg
Biotin	150µg	Turmeric Extract	50mg
Pantothenic Acid (Vitamin B5)	12mg	Green Tea Extract	50mg
Calcium (as carbonate)	500mg	4-7% epigallocatechin gallate	
Iron (as fumarate)	7mg	Grape Seed Extract	50mg
Magnesium (as carbonate & citrate)	250mg		

Tableted with:

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

Disintegration time: Less than 1 hour.

Suitable for vegetarians 

Uses

This is one of the most comprehensive, high potency multi nutrient formulas available in the UK, combining high potency micronutrients with the two important 'macro' nutrients, calcium and magnesium. Most multi nutrient formulas neglect these two essential bone health macro minerals, since these are required in relatively large amounts that are impossible to fit into a one-a-day-formula. That's why we have always recommended Osteoguard® as a perfect partner to our one-a-day multis such as MultiGuard® and MultiGuard® Advance.

In addition to a full 500mg of calcium and 250mg of magnesium per daily intake, this supplement also provides excellent levels of all the important micronutrients, including a broad spectrum of trace minerals as well as high levels of the heart protecting B vitamins and the antioxidant vitamins C and E.

The formula also includes relevant levels of plant compounds such as turmeric, lutein, grape seed and green tea, all of which are highly regarded by Nutritionists as possessing important protective functions in the body.

Usage and administration

3 tablets daily.

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

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

Legal category

Food supplement.

quantity

120

type

tablets

code

8434

