

Copper Free Multi for Adults - Product number B022B - 100 capsules

Description

Modern copper and iron free multivitamin. Contains both regular vitamins and their coenzyme forms, easily absorbable minerals and substances that contribute to the protection of cells against antioxidative stress (namely vitamins C and E, zinc and selenium). Suitable for men and women. No herbs have been added to this multi.

Ingredients and% Reference Intake per Vegicapsule:

Vitamin A palmitate 2000 IU (600 mcg) 75%

Vitamin D3 400 IU (10 mcg) 200%

Vitamin K2 (MK7), from Natto, purified 20 mcg 26.7%

Vit. B1 (thiamine-HCL) 11 mg 891.9%

Vit. B1 (thiamine cocarboxylase / pyrophosphate) 1 mg 59%

Vit. B1 (thiamine mononitrate) 4 mg 294.7%

Vit. B2 (riboflavin) 10 mg 714%

Vit. B2 (riboflavin-5-phosphate) 4 mg 214%

Vit. B3 (niacinamide) 20 mg 125%

Vit. B3 (inositol hexaniacinate) 25 mg 121%

Vit. B5 (calcium pantotenate) 40 mg 610%

Vit. B5 (panthetin, pro-coenzyme A) 4 mg 68.8%

Vit. B6 (pyridoxal-5-phosphate) 15 mg 684%

5-Methyl tetrahydrofolate (active folic acid) 400 mcg 200%

Vit. B12 (hydroxycobalamin) 20 mcg 766%

Vit. B12 (dibencoside) 20 mcg 674%

Vit. B12 (methylcobalamin) 20 mcg 792%

R + Alpha lipoic acid 1 mg

Biotin 350 mcg 700%

Choline (as bitartrate) 40 mg (elem.)

Inositol 40 mg

N, N-Dimethylglycine (vit. B15) 10 mg

Betaine 20 mg

Vit. C (calcium ascorbate) 82.4 mg 103%

Vit. C (ascorbyl palmitate) 7 mg 3.75% OPC 3.33 mg

Vit. E (d, a-tocopherol succinate) 30 mg 250%

Coenzyme Q10 3 mg

GTF chromium (chromium picolinate) 50 mcg 125%

Selenium (L-Selenomethionine) 40 mcg 72.7%

Zinc (L-zinc monomethionine) 7.5 mg 75%

Calcium (ascorbate) 12.8 mg 1.6%

Magnesium (bisglycinate) 35 mg 9.33%

Manganese (bisglycinate, citrate) 1.5 mg 75%

Boron (boric acid) 0.5 mg

Iodine (potassium iodide) 87.5 mcg 58.3%

Molybdenum (sodium molybdate) 15mcg 30%

Capsule wall: HPMC. **Filler:** microcrystalline cellulose. Anti-caking agents: vegetable magnesium stearate, silicon dioxide. The vitamin K2 in this product is obtained from a fermented, highly purified Natto extract, but may contain very minor traces of soy. All minerals are listed in basic amounts. This product does not contain gluten, lactose, milk proteins or animal gelatin.

Usage and warnings:

Adults take 1 capsule per day with meals. Close the packaging well after use and store in a dry place (not in the refrigerator due to condensation). The product has a shorter shelf life after opening the packaging. Do not exceed recommended dosage. Keep out of reach of children. This dietary supplement is not suitable for children up to and including 17 years old. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.