

Iodine and Copper Free Multi for Adults - Product number B022jv - 100 Vecaps

Description

Modern iodine, copper, iron, manganese and alpha lipoic acid free multivitamin. Contains regular vitamins as well as their coenzyme forms, biologically bound minerals and the nutrients vitamins C and E, selenium and zinc that help protect cells from antioxidative stress. 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 RE) 75%

Vitamin D3 (cholecalciferol) 400 IU (10 mcg) 200%

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

Vit. B1 (thiamine-HCL) 11 mg 891%

Vit. B1 (thiamine cocarboxylase / pyrophosphate) 2.0 mg 118%

Vit. B1 (thiamine mononitrate) 3 mg 221%

Vit. B2 (riboflavin) 10.0 mg 714%

Vit. B2 (riboflavin-5-phosphate) 4.0 mg 214%

Vit. B3 (niacinamide) 20.0 mg 125%

Vit. B3 (inositol hexaniacinate) 25.0 mg 121%

Vit. B5 (calcium pantotenate) 40.00 mg 610.7%

Vit. B5 (panthetin, pro-coenzyme A) 10.0 mg 166.7%

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

Active Folic Acid:

5-Methyl tetrahydrofolate 300 mcg 150%

Vit. B12 (hydroxycobalamin) 20.0 mcg 766%

Vit. B12 (dibencoside) 20.0 mcg 674%

Vit. B12 (methylcobalamin) 20.0 mcg 791%

Biotin 500 mcg 1000%

Choline (bitartrate)

40 mg (elemental choline)

Inositol 40 mg

N, N-Dimethylglycine (vit. B15) 10.0 mg

Vit. C (calcium ascorbate) 82 mg 102.5%

Vit. C (ascorbyl palmitate) 3.5 mg 1.9%

OPC 3.33 mg

Vit. E (d, α-tocopherol succinate) 28.8 mg 240%

Coenzyme Q10 3 mg

GTF chromium (chromium picolinate) 25 mcg 62.5%

Selenium (L-Selenomethionine) 75 mcg 136%

Zinc (L-zinc monomethionine) 7.5 mg 75%

Calcium (ascorbate) 12.7 mg 1.6%

Magnesium (bisglycinate) 37.5 mg 10%

Boron (boric acid) 0.5 mg

Molybdenum (as sodium molybdate) 15 mcg 30%

Capsule wall: HPMC. **Filler:** microcrystalline cellulose. Anti-caking agents: vegetable magnesium stearate, silicon dioxide.

This product does not contain gluten, lactose, milk proteins or animal gelatin.

Usage and warnings:

Adults take 1 capsule per day with meals. 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. A dietary supplement is not a substitute for a balanced diet. Close the packaging immediately 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.