

Mineral + Complex - Product number B059 - Mineral + Complex - 100 VeCaps

Description

This BioVitaal product contains a broadly composed complex of easily absorbable minerals and trace elements, vitamins A, C, D3, K2 and the carotenoid lycopene.

Ingredients and% Reference Intake per 2 Vegicapsules:

Calcium (citrate, bisglycinate, ascorbate) 160 mg 20%

Magnesium (citrate, bisglycinate, ascorbate) 80 mg 22%

Silicon (bamboo extract) 30 mg

Zinc (Optizinc = L-methionine) 10 mg 100%

Boron (boric acid) 4 mg

Manganese (bisglycinate) 3 mg 150%

Copper (bisglycinate) 0.6 mg 60%

Chromium (picolinate) 50 mcg 125%

Selenium (L-Selenomethionine) 40 mcg 72%

Molybdenum (sodium molybdate) 40 mcg 80%

Vitamin C (ascorbate) 150 mg 188%

Vitamin K2 (MK-7 / Menaq7, from Natto) 80 mcg 106%

Vitamin A (retinol acetate) 900 i.e. (270 mcg) 33.75%

Vitamin D3 (cholecalciferol) 600 i.e. (15 mcg) 300%

Lycopene 2 mg

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

Usage and warnings:

Adults 1 capsule twice a day with meals, unless otherwise advised by an expert. Do not exceed recommended dosage. Keep out of reach of children. A dietary supplement is not a substitute for a balanced diet.