

# BIOGENA minis - Multispektrum 24/7®



**12 vitamins, 10 minerals, carotenoids, polyphenols + coenzyme Q10**

## Round-the-clock care

Multispektrum 24/7® provides a sensible basic supply of the entire vitamin spectrum, essential trace elements and valuable plant substances. This comprehensive nutritional supply, with 27 vital substances is ideal for ensuring a sufficient intake of vitamins and minerals, particularly in cases of heightened requirement and as a nutritional support.

## Biogena Multispektrum 24/7®:

- B-vitamins (B1, B2, niacin, pantothenic acid, B6, biotin, B12) play a key role in energy metabolism
- Most of the B-vitamins (thiamine, B2, niacin, B6, biotin, B12) are also indispensable for normal nerve function
- Pantothenic acid supports mental performance
- Folic acid and vitamin B6 promote psychological well-being
- Iron and vitamin C help reduce tiredness and fatigue
- Zinc is important for maintaining healthy skin, hair and nails
- Selenium contributes to protecting the cells against oxidative stress


## Possible applications:

- Practical trial size
- Small gift for family & friends
- For increasing the nutrient supply when more is needed
- Supports maintenance of vitality and well-being
- For nutritional support, especially during times of physical and mental stress

## Bioavailable micronutrients in a pure form

- Produced according to the pure substance principle
- No colouring agents or artificial flavourings
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

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**BIOGENA**  
WELCOME TO YOURSELF

INGREDIENTS per daily dose	2 capsules	% NRV*
Vitamin C	120 mg	150
Niacin (mg NE)	32 mg	200
Vitamin E (mg alpha-TE)	18 mg	150
Pantothenic acid	12 mg	200
Vitamin B6	4.2 mg	300
Thiamine (vitamin B1)	3.3 mg	300
Riboflavin (vitamin B2)	2.8 mg	200
Folic acid	600 µg	300
Biotin	100 µg	200
Vitamin K1	75 µg	100
Vitamin B12	5 µg	200
Vitamin D3	20 µg	400
Calcium	260 mg	33
Magnesium	130 mg	35
Zinc	7.5 mg	75
Iron	7 mg	50
Manganese	1 mg	50
Copper	1 mg	100
Iodine	100 µg	67
Selenium	55 µg	100
Molybdenum	50 µg	100
Chromium	40 µg	100
Blueberry extract	20 mg	-
<i>containing: anthocyanins</i>	<i>1 mg</i>	<i>-</i>
Coenzyme Q10	10 mg	-
Beta-carotene	2.4 mg	-
<i>corresponds to vitamin A (µg RE)</i>	<i>400 µg</i>	<i>50</i>
Lutein	1 mg	-
Lycopene	1 mg	-

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

## INGREDIENTS

Coral powder (contains calcium and magnesium), hydroxypropyl methyl cellulose (capsule shell), calcium-L-ascorbate, D-alpha tocopheryl acetate, ferrous gluconate, lycopene (from tomato), nicotinamide, zinc citrate, beta-carotene, Marigold extract (contains lutein), blueberry extract, sodium molybdate, calcium-D-pantothenate, sodium selenite, coenzyme Q10, pyridoxine hydrochloride, thiamine mononitrate, chromium (III) chloride, manganese sulphate, riboflavin, cupric citrate, cholecalciferol, potassium iodide, phylloquinone, D-biotin, folic acid, cyanocobalamin

## RECOMMENDED DOSAGE

2 capsules daily taken over the course of the day with plenty of liquid.

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## NOTE

Food supplement in accordance with EU Directive 2002/46/EC


## PACKAGE SIZE AND CONTENT

14 capsules, 15 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Vcaps® Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 12.12.2022



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