

# Multispektrum 24/7®



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

## The round-the-clock supply

Multispektrum 24/7® is the sensible basic supply with the entire vitamin spectrum, essential trace elements and valuable plant substances. The comprehensive supply of 27 nutrients is the ideal vitamin and mineral supplement - especially for increased requirements - as well as for nutritional support.

## Biogena Multispektrum 24/7®:

- Vitamin B1, B2, niacin, pantothenic acid, B6, biotin and B12 play a role in energy metabolism
- Thiamine, B2, niacin, B6, biotin and B12 support normal nerve function
- Pantothenic acid supports mental performance
- Folic acid and vitamin B6 support normal mental functions
- Iron and vitamin C contribute to the reduction of tiredness and fatigue
- Zinc contributes to the maintenance of skin, hair and nails
- Selenium helps to protect cells from oxidative stress


## Possible applications:

- For supplementary nutrient intake in case of increased requirements
- To support the maintenance of vitality and well-being
- For nutritional-physiological support, especially during physical and mental stress

## Bioavailable micronutrients in pure form

- According to the pure substance principle
- Without colorants and flavorings
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100% vegan
- Tested quality

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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	10 mg	167
Thiamine (vitamin B1)	3.3 mg	300
Vitamin B6	2.8 mg	200
Riboflavin (vitamin B2)	2.8 mg	200
Folic acid	600 µg	300
Biotin	100 µg	200
Vitamin K2 (menaquinone-7)	25 µg	33
Vitamin D3	25 µg	500
Vitamin B12	5 µg	200
Calcium	300 mg	38
Magnesium	150 mg	40
Iron	7 mg	50
Zinc	5 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>	1 mg	-
Ubiquinol (activated coenzyme Q10)	10 mg	-
Beta-carotene	2.4 mg	-
<i>corresponds to vitamin A (µg RE)</i>	400 µg	50
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, bulking agent: powdered cellulose, D-alpha tocopheryl acetate, ferrous bisglycinate, ubiquinol (contains **soybean**), nicotinamide, blueberry extract, lycopene (from tomato), zinc bisglycinate, vitamin K2 (menaquinone-7), potassium iodide, beta-carotene, sodium selenite, sodium molybdate, calcium-D-pantothenate, Cholecalciferol (from algae), manganese gluconate, thiamine mononitrate, Marigold extract (contains lutein), pyridoxine hydrochloride, copper bisglycinate, riboflavin, folic acid, methylcobalamin, chromium picolinate, D-biotin

## 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

## IMPORTANT NOTICE

Patients who take anticoagulants should consult their doctor before taking vitamin K preparations.

## PACKAGE SIZE AND CONTENT

60 capsules (1 month supply), 64 g

180 capsules (3 month supply), 191 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(R)Plus is a trademark of Lonza or its affiliates, registered in the USA. Subject to print or typographical errors. Version: 01.09.2023.



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