Multispektrum 24/7® OHNE

Basic supplementation without iodine, copper, iron

Multispektrum 24/7® – without iodine, copper, iron

Multispektrum® 24/7 OHNE is the meaningful basic supply of the full vitamin spectrum, with important minerals and valuable plant substances – however, without iodine, copper and iron. This comprehensive nutritional supply with 24 ingredients is the ideal way to ensure a sufficient intake of the micronutrients contained – particularly in cases of a increased requirements and as nutritional support.

Physiological importance of some selected ingredients contained:

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

Possible uses:

• To support the nutrient supply when more is needed, e.g. when taking medication
• Helps maintain well-being
• For nutritional support, especially during times of physical and mental stress

Bioavailable micronutrients in a pure form

• Without colours, flavours or glazing agents
• Gluten-free
• Lactose-free
• Hypoallergenic
• Vegetable capsule shell
• 100 % vegan
• Quality tested

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	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
Zinc	5 mg	50
Manganese	1 mg	50
Selenium	55 µg	100
Molybdenum	50 µg	100
Chromium	40 µg	100
Blueberry extract	20 mg	-
containing: anthocyanins	*1 mg*	-
Ubiquinol (activated coenzyme Q10)	10 mg	-
Beta-carotene	2.4 mg	-
corresponds to vitamin A (µg RE)	*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, ubiquinol (contains **soybean**), nicotinamide, lycopene (from tomato), blueberry extract, zinc bisglycinate, vitamin K2 (menaquinone-7), beta-carotene, sodium selenite, sodium molybdate, calcium-D-pantothenate, Cholecalciferol (from algae), manganese gluconate, thiamine mononitrate, Marigold extract (contains lutein), pyridoxine hydrochloride, riboflavin, folic acid, methylcobalamin, chromium picolinate, D-biotin

RECOMMENDED DOSAGE

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

NOTE

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

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IMPORTANT NOTICE

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

PACKAGE SIZE AND CONTENT

60 capsules (1 month supply), 62 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: 24.05.2023.

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