

# Multi-Guard® Iron Free

Iron and iodine free

## Presentation

A pale pink oval coated tablet.

### Each tablet delivers:

Vitamin A	200µg	Pantothenic Acid (B5)	30mg
Vitamin D (D3)	10µg	Calcium (as Carbonate)	127mg
Vitamin E	36mg	Magnesium (as Oxide)	100mg
Vitamin K (K1)	30µg	Zinc (as Citrate)	12.5mg
Vitamin C	120mg	Copper (as Gluconate)	0.5mg
Thiamin (B1)	5.5mg	Manganese (as Gluconate)	0.5mg
Riboflavin (B2)	7mg	Selenium (Sodium Selenite)	165µg
Niacin (B3)	80mg	Chromium (as Chloride)	100µg
Vitamin B6	5mg	Molybdenum	50µg
Folic Acid	400µg	(as Sodium Molybdate)	
Vitamin B12	20µg	Choline	25mg
Biotin	200µg	Inositol	25mg

### Tableted with:

Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Polydextrose, Colours: Calcium Carbonate & Iron Oxides), Anti-caking Agents (Silicon Dioxide, Stearic Acid & Magnesium Stearate), Crosslinked Cellulose Gum.

**Disintegration time:** Less than 1 hour.

**Suitable for vegetarians** 

quantity  
60

type  
tablets

code  
8436



## Uses

This comprehensive multiple formula provides a broad range of key nutrients, at clinically relevant levels, but we have made this formula iron free.

There are various reasons why an iron free formulation might be suitable for a client's needs. From those with sensitivities to iron, or for postmenopausal women and men over 50, who require less iron in their diet as they age, or for a multiple formula to be taken alongside Florisene for hair loss.

We have also omitted iodine from the formulation for those with thyroid issues in mind. If the underactive thyroid isn't caused by iodine deficiency, then iodine supplements give no benefit and shouldn't be taken. In fact, for some people with an underactive thyroid, too much iodine can cause or worsen their condition.

### Usage and administration

1 tablet daily.

### Allergen advice

None (see page 194)

### Cautions

This product is not recommended for pregnant or lactating women.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

