

# Multi-Guard® Methyl

Important nutrients in bioavailable forms

## Presentation

A pale pink oval coated tablet.

### Each tablet delivers:

Vitamin A	800µg	Pantothenic Acid (B5)	30mg
Vitamin D (D3)	15µg	Magnesium (Citrate & Oxide)	120mg
Vitamin E	24mg	Iron (as Citrate)	14mg
Vitamin K (K2)	75µg	Zinc (as Citrate)	10mg
Vitamin C	80mg	Copper (as Sulphate)	1mg
Thiamin (B1)	3.3mg	Manganese (as Sulphate)	0.5mg
Riboflavin (B2)	4.2mg	Selenium (Sodium Selenite)	110µg
Niacin (B3)	48mg	Chromium (as Chloride)	120µg
Vitamin B6	4.2mg	Molybdenum	50µg
(as Pyridoxal 5-Phosphate)		(as Sodium Molybdate)	
Folic Acid (as Methylfolate)	200µg	Iodine (as Potassium Iodide)	150µg
Vitamin B12	30µg	Choline	10mg
(as Methylcobalamin)		Inositol	10mg
Biotin	50µg		

### Tableted with:

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

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

**Suitable for vegetarians** 

quantity  
60

type  
tablets

code  
8435



## Uses

Multi-Guard® Methyl is a specially formulated, one-a-day, high potency multivitamin, mineral formula. With important nutrients in bioavailable forms, for those that need support when it comes to methylation. It includes Folate as Methylfolate, Vitamin B6 as Pyridoxal 5-Phosphate and Vitamin B12 as Methylcobalamin and Vitamin K2 (Menaquinone-7).

Methylation is an essential chemical process that is happening constantly in the body. It has a significant positive impact on many biochemical reactions in the body that regulate the activity of the cardiovascular, neurological, reproductive, and detoxification systems.

Due to busy lifestyles and nutrient-depleted foods, more and more people require support when it comes to methylation. Some people may even have genetic differences or polymorphisms that may reduce their ability to methylate effectively.

### Usage and administration

1 tablet daily.

### Allergen advice

None (see page 194)

### Cautions

This product is not recommended for pregnant or lactating women. This product contains iron, which, if taken in excess, may be harmful to very young children. Keep out of sight and reach.

### Storage instructions

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

### Legal category

Food supplement.

