

# Multi-Max®

For the over 50's

## Presentation

**A red/brown coated oval tablet.**

### Each tablet delivers:

Vitamin A	781µg	Zinc (as gluconate)	15mg
Vitamin D3	10µg	Copper (as gluconate)	1.2mg
Vitamin E	100mg	Manganese (as gluconate)	0.5mg
Vitamin C	150mg	Selenium	110µg
Thiamin (Vitamin B1)	25mg	(as L-Selenomethionine / selenite)	
Riboflavin (Vitamin B2)	25mg	Chromium (as picolinate)	200µg
Niacin (Vitamin B3)	25mg	Molybdenum (as molybdate)	200µg
Pyridoxine (Vitamin B6)	10mg	Iodine (as potassium iodide)	150µg
Folic Acid	200µg	Choline	25mg
Vitamin B12	10µg	Inositol	25mg
Biotin	150µg	PABA	25mg
Pantothenic Acid (Vitamin B5)	25mg	Grapeseed	500mg
Iron (as fumarate)	14mg	(provided by 1mg of a 500:1 extract)	

### Tableted with:

Cellulose, DiCalcium Phosphate, Magnesium Oxide, Tablet Coating (Hydroxypropyl Methylcellulose, Cellulose, Colour: Titanium Dioxide & Iron Oxide, Glycerin), Anti-caking Agents (Silicon Dioxide, Stearic Acid, Magnesium Stearate).

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

**Suitable for vegetarians** (V)

quantity  
60

type  
tablets

code  
8431



## Uses

This is the original Multi-Max® formula, a high potency one-a-day multi ideally suited for the over 50s. Recent UK dietary surveys have revealed that a significant proportion of the over 50s do not achieve the NRVs set for micronutrients. Of particular concern among this age group are Vitamin D and the trace elements zinc, iron and selenium.

This product includes high levels of the B vitamins plus a very comprehensive spread of the most important trace minerals included at potencies that will support even the worst diet. Multi-Max® can be taken with Osteoguard® if additional calcium and magnesium are required.

MultiGuard® Advance is a similar product to this one, but has the additional benefits of plant based antioxidants, plus lutein. However, the B vitamins are somewhat higher in this original product.

### 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.

