

# BIOGENA minis - Multispektrum 24/7®



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

## Round-the-clock care

Multispektrum 24/7® provides a sensible basic supply of the entire vitamin spectrum, essential trace elements and valuable plant substances. This comprehensive nutritional supply, with 27 vital substances is ideal for ensuring a sufficient intake of vitamins and minerals, particularly in cases of heightened requirement and as a nutritional support.

## Biogena Multispektrum 24/7®:

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

## Possible applications:

- Practical trial size
- Small gift for family & friends
- For increasing the nutrient supply when more is needed
- Supports maintenance of vitality and well-being
- For nutritional support, especially during times of physical and mental stress

## Bioavailable micronutrients in a pure form

- Produced according to the pure substance principle
- No colouring agents or artificial flavourings
- Gluten-free
- Lactose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

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Part of the  
Biogena Group 

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Online orders: [biogena.com](https://www.biogena.com)



**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
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, lutein, thiamine mononitrate, 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

14 capsules, 15 g

Food supplement: Do not exceed the recommended daily intake. Not a substitute for a balanced and varied diet and a healthy lifestyle. Store at room temperature, dry and protected from light. Protect from heat. Keep out of the reach of children. Suitable for diabetics. The information provided is not intended to be curative or to encourage self-medication. Subject to printing and typesetting errors. Status: 25.09.2024



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