

### Information For the Use

Omega 3 Fatty Acid 150mg + Green Tea Extract 10mg + Ginseng Extract 42.5mg + Ginkgo Biloba Extract 10mg + Grape Seed Extract 15mg + Ginger Root Extract 5mg + Garlic Extract 5mg + Guggul Extract 4mg + Green Coffee Bean Extract 5mg + Glycyrrhiza Glabra Extract 5mg + Gulab Extract 5mg + Green Chirata Extract 5mg + Giloy Extract 5mg + Lactic Acid Bacillus 500 Lac Spores + Citrus Bioflavonoids Extract 20mg + Vitamin D3 I.P. 200 IU + Wheat Germ Oil 25mg + Benfotiamine 1mg + Vitamin B6 I.P. 1mg + Vitamin B12 I.P. 1mcg + Niacinamide I.P. 16mg + Vitamin C I.P. 25mg + Folic Acid I.P. 150mcg + Biotin U.S.P. 30mcg + Choline Bitartrate U.S.P. 15mg + Lutein Extract 250mcg + Piperine 5mg +

Dibasic Calcium Phosphate 67.9mg Eq. To Elemental

Calcium 20mg + Phosphorous 15.45mg + Ferrous Fumarate 17mg + Zinc Oxide 10mg + Potassium

Iodide 150mcg + Magnesium Oxide 30mg + Manganese Sulfate 1.5mg + Copper Sulphate

Pentahydrate 0.5mg + Chromium Picolinate 5mcg + Sodium Molybdate Dehydrate 25mcg +

Potassium Chloride 8.41mg Eq. To Elemental Chlorine mg + Potassium 3.6mg + Sodium Borate

150mcg + Colloidal Silicon Dioxide 2mg + Nickel Sulphate 5mcg + Stannous Chloride Dehydrate 10mcg

## Multibolt 12G Softgel

**Omega-3 Fatty Acid 150mg + Green Tea Extract 10mg + Ginseng Extract 42.5mg + Ginkgo Biloba Extract 10mg + Grape Seed Extract 15mg + Ginger Root Extract 5mg + Garlic Extract 5mg + Guggul Extract 4mg + Green Coffee Bean Extract 5mg + Glycyrrhiza Glabra Extract 5mg + Gulab Extract 5mg + Green Chirata Extract 5mg + Giloy Extract 5mg + Lactic Acid Bacillus 500 Lac Spores + Citrus Bioflavonoids Extract 20mg + Vitamin D3 200 IU + Wheat Germ Oil 25mg + Benfotiamine 1mg + Vitamin B6 1mg + Vitamin B12 1mcg + Niacinamide 16mg + Vitamin C 25mg + Folic Acid 150mcg + Biotin 30mcg + Choline Bitartrate 15mg + Lutein Extract 250mcg + Piperine 5mg + Dibasic Calcium Phosphate 67.9mg (Eq. to Elemental Calcium 20mg) + Phosphorous 15.45mg + Ferrous Fumarate 17mg + Zinc Oxide 10mg + Potassium Iodide 150mcg + Magnesium Oxide 30mg + Manganese Sulfate 1.5mg + Copper Sulfate Pentahydrate 0.5mg + Chromium Picolinate 5mcg + Sodium Molybdate Dehydrate 25mcg + Potassium Chloride 8.41mg (Eq. to Elemental Chlorine 3.6mg) + Sodium Borate 150mcg + Colloidal Silicon Dioxide 2mg + Nickel Sulphate 5mcg + Stannous Chloride Dehydrate 10mcg Softgel Capsules**

**Category:**

**Dietary Supplement / Multivitamin / Antioxidant Support**

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**Dosage Form:**

**Softgel Capsule**

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**Strength/Composition:**

**Each softgel contains a unique combination of natural extracts, vitamins, and minerals:**

- **Omega-3 Fatty Acid: 150mg**
- **Green Tea Extract: 10mg**
- **Ginseng Extract: 42.5mg**
- **Ginkgo Biloba Extract: 10mg**
- **Grape Seed Extract: 15mg**
- **Ginger Root Extract: 5mg**
- **Garlic Extract: 5mg**
- **Guggul Extract: 4mg**
- **Green Coffee Bean Extract: 5mg**
- **Glycyrrhiza Glabra (Licorice) Extract: 5mg**
- **Gulab Extract (Rose): 5mg**
- **Green Chirata Extract: 5mg**
- **Giloy Extract: 5mg**

- **Lactic Acid Bacillus (Probiotics): 500 Lac spores**
- **Citrus Bioflavonoids Extract: 20mg**
- **Vitamin D3 (I.P.): 200 IU**
- **Wheat Germ Oil: 25mg**
- **Benfotiamine: 1mg**
- **Vitamin B6 (I.P.): 1mg**
- **Vitamin B12 (I.P.): 1mcg**
- **Niacinamide (Vitamin B3): 16mg**
- **Vitamin C (I.P.): 25mg**
- **Folic Acid (I.P.): 150mcg**
- **Biotin (U.S.P.): 30mcg**
- **Choline Bitartrate (U.S.P.): 15mg**
- **Lutein Extract: 250mcg**
- **Piperine: 5mg**
- **Dibasic Calcium Phosphate: 67.9mg (Eq. to Elemental Calcium 20mg)**
- **Phosphorous: 15.45mg**
- **Ferrous Fumarate: 17mg**
- **Zinc Oxide: 10mg**
- **Potassium Iodide: 150mcg**
- **Magnesium Oxide: 30mg**
- **Manganese Sulfate: 1.5mg**
- **Copper Sulfate Pentahydrate: 0.5mg**
- **Chromium Picolinate: 5mcg**
- **Sodium Molybdate Dehydrate: 25mcg**
- **Potassium Chloride: 8.41mg (Eq. to Elemental Chlorine 3.6mg)**
- **Sodium Borate: 150mcg**
- **Colloidal Silicon Dioxide: 2mg**
- **Nickel Sulphate: 5mcg**
- **Stannous Chloride Dehydrate: 10mcg**

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### Indications:

This comprehensive supplement provides antioxidant support, cardiovascular health benefits, and general well-being. It may help with:

- **General health support:** Acts as a multivitamin and antioxidant to enhance immune function, support skin health, and maintain overall vitality.

- **Cardiovascular health:** Omega-3 fatty acids, along with Ginkgo Biloba, help support healthy blood circulation and heart health.
- **Cognitive function:** Ginseng, Ginkgo Biloba, and Lutein contribute to memory and brain function.
- **Joint and muscle health:** Guggul extract and other botanical ingredients may help with inflammation reduction and joint support.
- **Digestive and gut health:** Lactic Acid Bacillus (probiotics) supports gut health, aids in digestion, and maintains a healthy gut microbiome.
- **Antioxidant support:** Green Tea Extract, Grape Seed Extract, and Vitamin C provide potent antioxidant effects, protecting the body from oxidative stress and free radical damage.
- **Bone health:** Vitamin D3, Calcium, Magnesium, and Phosphorous support healthy bone formation and maintenance.
- **Hair, skin, and nail health:** Vitamins such as Biotin, Vitamin C, and Zinc contribute to healthy skin, hair, and nails.

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### Mechanism of Action:

- **Omega-3 Fatty Acids:** Known for their cardiovascular benefits, Omega-3s help reduce inflammation, support heart health, and enhance brain function.
- **Ginseng Extract:** Improves energy levels and helps combat fatigue. It is also used to improve cognitive function and promote mental clarity.
- **Ginkgo Biloba Extract:** Enhances blood circulation, particularly in the brain, and is used to support memory and cognitive function.
- **Green Tea Extract:** Rich in antioxidants, it helps protect cells from oxidative

damage, supports metabolic health, and may aid in weight management.

- **Garlic Extract:** Known for its antimicrobial properties, garlic supports heart health by regulating cholesterol and blood pressure.
- **Guggul Extract:** Traditionally used to help with metabolic health, particularly in reducing cholesterol levels and supporting weight loss.
- **Green Coffee Bean Extract:** Contains chlorogenic acid, which has been shown to support weight loss and help regulate blood sugar levels.
- **Vitamin D3:** Essential for bone health, Vitamin D supports calcium absorption and contributes to immune function.
- **Probiotics (Lactic Acid Bacillus):** Support healthy gut flora, improving digestion and immune function.
- **Zinc and Copper:** Play key roles in immune function, wound healing, and the maintenance of healthy skin and hair.
- **Vitamins B6, B12, C, Folic Acid, and Biotin:** Support metabolic functions, improve energy, and enhance skin and hair health.

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### Dosage and Administration:

- **Recommended Dosage:**
  - Take 1 softgel daily with a meal or as directed by your healthcare provider.
  - For optimal results, consistent daily use is recommended.
- Do not exceed the recommended dosage.

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### Contraindications:

- **Allergy to any ingredient:** If you are allergic to any of the ingredients in the product, do not use this supplement.
- **Pregnancy and Breastfeeding:** Consult a healthcare provider before using during pregnancy or breastfeeding, as certain ingredients may have effects that require caution.
- **Chronic conditions:** Patients with underlying health conditions (e.g., hypertension, diabetes, heart disease) should consult a healthcare provider before using this supplement.

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### Warnings and Precautions:

- Consult a doctor before use if you are on medication, particularly anticoagulants, blood pressure medication, or have any chronic conditions.
- Side effects are rare but may include mild digestive discomfort, allergic reactions, or skin rashes.
- If you experience any adverse effects, discontinue use and consult a healthcare provider.

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### Storage Instructions:

- Store in a cool, dry place, away from direct sunlight.
- Keep out of reach of children.
- Do not use if the seal is broken.

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### Key Benefits:

- **Comprehensive wellness support:** This supplement provides a combination of essential vitamins, minerals, probiotics, and botanical extracts designed to support various aspects of health,

including immune function, cardiovascular health, cognitive function, digestive health, and skin health.

- **Convenient softgel form:** Easy to take and absorb, offering a convenient way to ensure you're getting the nutrients you need for overall well-being.
- **Natural ingredients:** Includes plant extracts and antioxidants that work synergistically to support healthy aging and vitality.

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## Conclusion:

**Omega-3 Fatty Acid 150mg + Green Tea Extract 10mg + Ginseng Extract 42.5mg + Ginkgo Biloba Extract 10mg + Grape Seed Extract 15mg + Ginger Root Extract 5mg + Garlic Extract 5mg + Guggul Extract 4mg + Green Coffee Bean Extract 5mg + Glycyrrhiza Glabra Extract 5mg + Gulab Extract 5mg + Green Chirata Extract 5mg + Giloy Extract 5mg + Lactic Acid Bacillus 500 Lac Spores + Citrus Bioflavonoids Extract 20mg + Vitamin D3 200 IU + Wheat Germ Oil 25mg and other active ingredients provides a potent combination for enhancing overall health and vitality. This supplement supports immunity, cognitive function, joint health, digestion, and much more, making it a comprehensive choice for maintaining wellness.**

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,

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