

Information For the Use

Vitamin E (400IU) + Wheat germ oil (100mg) + Omega-3 fatty acid (30mg)

Multibolt E 400 Softgel

**Vitamin E (400 IU) + Wheat Germ Oil (100mg)
+ Omega-3 Fatty Acid (30mg) Softgel Capsule**

Composition:

Each softgel capsule contains:

- **Vitamin E (as d-alpha tocopherol) – 400 IU**
- **Wheat Germ Oil – 100mg**
- **Omega-3 Fatty Acids (from Fish Oil) – 30mg**

Description:

This softgel capsule combines three potent ingredients known for their beneficial effects on health: **Vitamin E, Wheat Germ Oil, and Omega-3 Fatty Acids.**

- **Vitamin E is a powerful antioxidant that helps protect cells from oxidative damage, supports immune function, and promotes skin health.**
- **Wheat Germ Oil is rich in essential fatty acids, particularly omega-6, and contains natural vitamins, including Vitamin E, which help nourish the skin, improve circulation, and support overall well-being.**
- **Omega-3 Fatty Acids provide essential fats, including EPA and DHA, which support heart health, brain function, and reduce inflammation.**

Together, these ingredients form a comprehensive health-boosting formula that promotes cardiovascular health, enhances skin health, boosts immunity, and provides anti-inflammatory benefits.

Indications:

This supplement is recommended for:

- **Skin Health: Vitamin E and Wheat Germ Oil are known for their skin-nourishing properties, helping to reduce wrinkles, dryness, and signs of aging.**
- **Cardiovascular Health: Omega-3 fatty acids support heart health by maintaining healthy cholesterol levels, reducing triglycerides, and preventing inflammation.**
- **Antioxidant Protection: Vitamin E acts as a powerful antioxidant, protecting cells from free radical damage and supporting the body's natural defense mechanisms.**
- **Immune Function: Vitamin E and Omega-3 fatty acids both support immune system health, helping to ward off infections and diseases.**
- **Anti-Inflammatory Effects: Omega-3 fatty acids and Vitamin E have anti-inflammatory properties, helping reduce inflammation in the body and supporting joint health.**

Dosage and Administration:

- **Adults: Take 1 softgel capsule daily with a meal, or as directed by your healthcare provider.**
- **Children: Not recommended for children under the age of 12 unless advised by a healthcare provider.**
- **Pregnancy and Lactation: Consult your healthcare provider before using this supplement during pregnancy or breastfeeding.**

Contraindications:

- **Hypersensitivity:** Known allergy to any of the ingredients in the formulation, particularly fish or wheat.
- **Blood Disorders:** People with bleeding disorders or those taking blood-thinning medications should consult their doctor before using this supplement, as Omega-3 may increase the risk of bleeding.
- **Chronic Health Conditions:** Consult a healthcare provider if you have any chronic conditions, particularly if you are on medication for high blood pressure, cholesterol, or diabetes.

Precautions:

- **Pregnancy and Breastfeeding:** Although Omega-3 and Vitamin E are beneficial during pregnancy, consult your doctor before use.
- **Surgery:** Discontinue use at least 2 weeks before any scheduled surgery to avoid potential interference with blood clotting.
- **Diabetes:** Omega-3 fatty acids may impact blood sugar levels, so it is important to monitor glucose levels if you have diabetes.

Side Effects:

While this product is generally safe, some individuals may experience mild side effects:

- **Gastrointestinal Distress:** Nausea, indigestion, or mild stomach upset, especially when taken on an empty stomach.
- **Fishy Aftertaste:** Some individuals may experience a fishy aftertaste or burping, which can be minimized by taking the softgel with food.
- **Allergic Reactions:** Rare cases of allergic reactions such as rash, itching, or swelling, especially for those allergic to fish or wheat.

If you experience any of the following, discontinue use and consult a healthcare provider:

- **Severe Allergic Reactions:** Swelling of the face, lips, tongue, or throat (anaphylaxis).
- **Unusual Bleeding or Bruising:** Consult your doctor if you experience abnormal bleeding or bruising.

Storage:

- Store in a cool, dry place, away from direct sunlight.
- Keep out of reach of children.
- Do not use after the expiration date printed on the packaging.

Packaging:

Available in a bottle containing 30, 60, or 90 softgel capsules, or as specified by the packaging size.

Note:

- This product is a dietary supplement and should not be used as a substitute for a balanced diet or healthy lifestyle.
- Always follow the recommended dosage for optimal results.
- If you are taking any medications or have any underlying health conditions, it is advised to consult a healthcare provider before starting this supplement.

Manufactured in India for:

CafoliTM
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,
Panchkula-134113
TM: Trademark Applied for