

Information For the Use

Ginseng Dry Extract 43.5mg + Niacinamide 25mg + Vitamin B6 + Vitamin D3 200 IU + Folic Acid 0.15mg + Calcium 75mg + Elemental Phosphorous 58mg + Ferrous Fumarate 30mg + Zinc Sulphate Monohydrate 10mg + Elemental Magnesium 3mg + Elemental Manganese 0.5mg + Elemental Copper 0.5mg + Elemental Iodine 0.1mg + Elemental Potassium 2mg

Multibolt G Softgel

Ginseng Dry Extract 43.5mg + Niacinamide 25mg + Multivitamin and Mineral Softgel

Description

This softgel formulation is a nutritional supplement designed to boost energy, support immunity, and address vitamin and mineral deficiencies. It combines the adaptogenic benefits of Ginseng Dry Extract with essential vitamins, minerals, and trace elements, making it ideal for enhancing overall health, reducing fatigue, and promoting mental and physical well-being.

Composition (Per Softgel)

- Ginseng Dry Extract: 43.5 mg
 - Niacinamide (Vitamin B3): 25 mg
 - Vitamin B6 (Pyridoxine): 1 mg
 - Vitamin D3: 200 IU
 - Folic Acid: 0.15 mg
 - Calcium: 75 mg
 - Elemental Phosphorus: 58 mg
 - Ferrous Fumarate: 30 mg (providing Elemental Iron)
 - Zinc Sulphate Monohydrate: 10 mg (providing Elemental Zinc)
 - Elemental Magnesium: 3 mg
 - Elemental Manganese: 0.5 mg
 - Elemental Copper: 0.5 mg
 - Elemental Iodine: 0.1 mg
 - Elemental Potassium: 2 mg
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Indications

This supplement is beneficial for:

1. **Energy and Vitality:** Combats fatigue and enhances physical stamina and mental alertness.

2. **Immune Support:** Strengthens the immune system to fight infections.
 3. **Anemia:** Improves hemoglobin levels and red blood cell production.
 4. **Bone Health:** Supports calcium metabolism and bone strength with Vitamin D3.
 5. **Cognitive Function:** Enhances memory, focus, and mental clarity.
 6. **Nutritional Deficiencies:** Addresses deficits in essential vitamins and minerals.
 7. **Skin Health:** Promotes skin repair and prevents dryness with Niacinamide and Vitamin B6.
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Key Ingredients and Their Benefits

1. Ginseng Dry Extract (43.5 mg):

- An adaptogen that helps combat stress, improves stamina, and boosts energy.
- Enhances mental clarity and focus.

2. Niacinamide (Vitamin B3):

- Supports skin health, energy metabolism, and nervous system function.

3. Vitamin B6 (Pyridoxine):

- Essential for neurotransmitter synthesis and red blood cell production.

4. Vitamin D3 (200 IU):

- Facilitates calcium absorption for healthy bones and teeth.
- Boosts immunity and muscle function.

5. Folic Acid (0.15 mg):

- Promotes red blood cell formation and prevents anemia.
- Supports fetal neural development in pregnant women.

6. Minerals:

- **Calcium and Phosphorus:** Essential for bone and dental health.
- **Iron (Ferrous Fumarate):** Prevents and treats iron-deficiency anemia.
- **Zinc:** Supports wound healing, immunity, and reproductive health.
- **Magnesium:** Improves muscle function and energy production.
- **Manganese:** Involved in enzymatic reactions and bone development.
- **Copper:** Aids in iron metabolism and connective tissue formation.
- **Iodine:** Supports thyroid gland function and hormone synthesis.
- **Potassium:** Maintains electrolyte balance and regulates muscle contractions.

Dosage and Administration

- **Recommended Dose:**
 - **Adults:** One softgel daily after meals or as directed by a healthcare professional.
- **Administration:** Swallow the softgel whole with a glass of water. Do not crush or chew.

Contraindications

- **Hypersensitivity** to any of the active ingredients.
- **Patients with hypercalcemia or iron overload disorders.**

Warnings and Precautions

1. **Pregnancy and Lactation:** Use under medical supervision during pregnancy or breastfeeding.
2. **Chronic Conditions:** Patients with kidney or liver disorders should consult a physician before use.
3. **Iron Overdose Risk:** Keep out of reach of children to prevent accidental overdose.

Adverse Effects

- **Common:** Mild gastrointestinal discomfort, nausea, or bloating.
- **Rare:** Allergic reactions such as rash or itching.
- **Excessive Use:** Prolonged intake of high doses may cause hypervitaminosis or mineral imbalance.

Storage Conditions

- Store at a temperature below 25°C (77°F) in a dry place.
- Protect from light and moisture.
- Keep the container tightly closed after use.

Presentation

- Packaged in a blister strip or bottle containing 10, 30, or 60 softgels for convenience.

Note: This supplement should be used as part of a balanced diet and healthy lifestyle. It is not a substitute for medical treatment. Always consult your healthcare provider for tailored advice.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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