

### Information For the Use

Ginseng 42.5mg + Ginkgo Biloba 20mg + Green Tea Extract 10mg + Garlic Powder 50mg + Grape Seed Extract 15mg + Lycopene 2000mcg + Mixed Carotenoids 5mg + Citrus Bioflavonoids 12.5mg + Wheat Germ Oil 25mg + Choline Bitartrate 10mg + Omega-3 Fatty Acid Containing Eicosapentaenoic Acid 90mg & Docosahexaenoic Acid 60mg + Niacinamide 15mg + Vitamin C 12.5mg + Vitamin A (1600 IU) 480mcg + Vitamin B1 1mg + Vitamin B2 1mg + Vitamin D3 5mcg + Folic Acid 50mcg + Biotin 30mcg + Iron 18mg + Zinc 15mg + Potassium 4mg + Chloride 3.6mg + Manganese 1.5mg + Calcium 5mg + Phosphorus 3.86mg + Copper 0.5mg + Silicon 2mg + Boron 150mcg + Molybdenum 50mcg + Chromium 65mcg + Selenium 20mcg + Iodide 50mcg + Menadione Sodium 10mcg + Ferrous Fumarate 30mg + Magnesium 30mg

## Multibolt 5G Softgel

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### Composition:

#### Each softgel contains:

- **Ginseng: 42.5 mg**
- **Ginkgo Biloba: 20 mg**
- **Green Tea Extract: 10 mg**
- **Garlic Powder: 50 mg**
- **Grape Seed Extract: 15 mg**
- **Lycopene: 2000 mcg**
- **Mixed Carotenoids: 5 mg**
- **Citrus Bioflavonoids: 12.5 mg**
- **Wheat Germ Oil: 25 mg**
- **Choline Bitartrate: 10 mg**
- **Omega-3 Fatty Acids (EPA 90mg, DHA 60mg): 150 mg**
- **Niacinamide (Vitamin B3): 15 mg**
- **Vitamin C: 12.5 mg**
- **Vitamin A: 1600 IU (480 mcg)**
- **Vitamin B1 (Thiamine): 1 mg**
- **Vitamin B2 (Riboflavin): 1 mg**
- **Vitamin D3: 5 mcg**
- **Folic Acid: 50 mcg**
- **Biotin: 30 mcg**
- **Iron: 18 mg**
- **Zinc: 15 mg**
- **Potassium: 4 mg**
- **Chloride: 3.6 mg**
- **Manganese: 1.5 mg**
- **Calcium: 5 mg**
- **Phosphorus: 3.86 mg**
- **Copper: 0.5 mg**
- **Silicon: 2 mg**
- **Boron: 150 mcg**

- **Molybdenum: 50 mcg**
- **Chromium: 65 mcg**
- **Selenium: 20 mcg**
- **Iodine (as Iodide): 50 mcg**
- **Menadione Sodium (Vitamin K): 10 mcg**
- **Ferrous Fumarate: 30 mg**
- **Magnesium: 30 mg**

### Indications:

This combination softgel is a comprehensive supplement designed to support general health, including:

- **Antioxidant Support:** The blend of vitamins, minerals, and plant extracts helps neutralize free radicals and protect cells from oxidative stress.
- **Cognitive Function:** Ginkgo biloba, ginseng, and omega-3 fatty acids contribute to improved memory, focus, and overall brain health.
- **Immune Support:** Vitamin C, zinc, selenium, and other nutrients help bolster the immune system.
- **Energy and Vitality:** Ginseng, vitamin B complex, and other nutrients can help improve energy levels and reduce fatigue.
- **Skin and Hair Health:** Biotin, zinc, and antioxidants like vitamin C and lycopene help support healthy skin and hair.

### Mechanism of Action:

- **Ginseng:** Known for its adaptogenic properties, ginseng may help reduce fatigue, improve concentration, and boost energy levels.
- **Ginkgo Biloba:** Promotes healthy blood circulation and cognitive function, which may enhance memory and reduce mental fog.
- **Green Tea Extract:** Rich in polyphenols and antioxidants, it helps protect against oxidative damage and supports metabolism.
- **Garlic Powder:** Supports cardiovascular health by helping to manage cholesterol levels and improve circulation.
- **Grape Seed Extract:** Contains powerful antioxidants that help protect blood vessels and support heart health.

#### **Dosage and Administration:**

- **Adults:** Take 1 softgel per day, preferably with a meal.
- **Consult a healthcare provider** before starting any supplementation regimen, especially if you are pregnant, breastfeeding, or taking medications.

#### **Contraindications:**

- **Hypersensitivity:** Should not be used by individuals allergic to any of the ingredients.
- **Pregnancy and Breastfeeding:** Consult your healthcare provider before using if pregnant or breastfeeding, especially due to the presence of ginseng and ginkgo biloba.
- **Blood Thinners:** Individuals on anticoagulant or antiplatelet medications should consult a doctor

before using ginkgo biloba due to its blood-thinning properties.

- **Liver Disease:** Use with caution in patients with liver conditions.

#### **Possible Side Effects:**

Common side effects may include:

- Upset stomach
- Mild headache
- Dizziness
- Allergic reactions such as skin rashes

Serious side effects (rare but require medical attention):

- Unusual bleeding or bruising (from ginkgo biloba)
- Chest pain, rapid heartbeat (from ginseng or omega-3 fatty acids)
- Allergic reactions such as difficulty breathing, swelling, or rash

#### **Storage:**

Store in a cool, dry place (15°C–30°C), away from moisture and heat. Keep out of reach of children.

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**Note:** Always consult your healthcare provider before starting any new supplement, particularly if you have underlying health conditions or are taking other medications.

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.)

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