

Multi Health Support Gold

DIETARY SUPPLEMENT



A great sporting performance creates huge demands on your body. Not only does it require energy but also a large number of nutrients, such as proteins, vitamins, and minerals. Avid athletes consume more vitamins and minerals. At the same time, they lose more micronutrients through perspiration. A healthy diet is not a luxury but a necessity for athletes. If you want to make sure you obtain all the vitamins and minerals you need in sufficient quantities, you can use a multivitamin preparation as a dietary supplement. A carefully chosen supplement helps to maintain good health. Athletes who are in a period of training, recovery, or competition or who follow an energy-restricted diet can use

Multi Health Support Gold (without B6).

Multi Health Support Gold (without B6) is an innovative and high-quality multivitamin that is tailored to the needs of athletes. While a healthy and varied diet forms the basis, Multi Health Support Gold (without B6) can supplement essential micronutrients. Each capsule contains a large amount of B vitamins, which play an important role in releasing energy from carbohydrates. Folic acid has a beneficial effect on reducing tiredness and fatigue. Vitamin B12 helps in the production of red blood cells. Vitamin C supports the immune system.

Multi Health Support Gold (without B6) contains Pycnogenol, a high-quality extract of Pinus pinaster. This extract contains valuable antioxidant properties and helps to protect cells against oxidative damage. Various professional athletes and sports medicine healthcare providers have indicated that they prefer a multivitamin complex without vitamin B6. For that reason, Multi Health Support Gold (without B6) is a formula that contains no vitamin B6. To our knowledge, this NZVT-certified supplement is one of the few multivitamin supplements that does not contain vitamin B6.

NZVT Certified

Multi Health Support Gold (without B6) is produced in accordance with the anti-doping standards and other standards of the NZVT system (Anti-Doping Authority for the Netherlands) and therefore displays the NZVT logo. Multi Health Support Gold (without B6) can be used by top athletes with confidence, so that they can concentrate on delivering an optimum athletic performance with peace of mind.

Special ingredients

Pycnogenol™
Quali®-D

Additional information

This product does not contain any known allergens and is suitable for vegetarians.

Recommended use

Take one capsule a day with plenty of water, preferably with a meal.

Health Claims

- Carefully formulated with optimum doses
- Tailored to athletes' needs
- Does not contain vitamin B6
- Contains the patented ingredient Pycnogenol®
- One-month and three-month pack (30 vegetarian capsules and 90 vegetarian capsules)



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Composition per daily dose (one vegetarian capsule)			
Ingredient	Quantity	% RI	Compound
Beta-carotene (pro-vitamin A)	5 mg	104	
Vitamin B1 (as thiamine nitrate)	1.9 mg	175	
Vitamin B2 (as riboflavin)	2.5 mg	175	
Vitamin B3 (as nicotinamide)	28 mg	175	
Vitamin B5 (as D-calcium pantothenate)	10.5 mg	175	
Vitamin B7 (as biotin)	50 mcg	100	
Vitamin B9 (as folic acid)	350 mcg	175	
Vitamin B12 (as cyanocobalamin in mannitol)	7.5 mcg	300	
Vitamin C (as ascorbic acid)	160 mg	200	
Quali®-D vitamin D3 (as cholecalciferol)	10 mcg	200	
Vitamin E (natural, as D-α-tocopheryl acetate)	24 mg	200	
Vitamin K2 (natural, as menaquinone)	75 mcg	100	
Iron (as iron(II) fumarate)	7 mg	50	
Iodine (as potassium iodide)	75 mcg	50	
Zinc (as citrate)	10 mg	100	
Chromium (as picolinate)	40 mcg	100	
Copper (as bisglycinate)	1 mg	100	
Manganese (as bisglycinate)	2 mg	100	
Molybdenum (as sodium molybdate)	50 mcg	100	
Selenium (as L-selenomethionine)	55 mcg	100	
Bromelain	25 mg	*	
Pomegranate extract	75 mg	*	
Aronia berry	75 mg	*	
Fruit complex	25 mg	*	
Pycnogenol® (pine bark extract)	20 mg	*	
Citrus flavonoids	20 mg	*	
RI = Reference intake / * RI not determined			

“Premium vitamins by DSM – www.qualityforlife.com. Quali®-D is a Trademark of DSM”

“Pycnogenol® is a Trademark of Horphag Research”



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Vitamins and minerals are needed for a wide range of processes in the body. This includes supporting energy metabolism, cell growth and repair processes, protecting against free radicals, and supporting nerve and muscle functioning. Athletes have a greater need for various vitamins and minerals.

Can be used:

- By athletes as a basic supplement to support their basic diet*
- Especially by athletes with an inadequate eating pattern: during periods of intensive training or competitions
- During periods of energy restriction/weight reduction
- By those following a vegetarian or vegan diet
- By those travelling abroad/travelling frequently
- By those with food intolerances which lead to the avoidance of specific product groups

Additional information:

- Based on a low-dose supplement (100-250% of ADH)
- High-dose supplements can have a negative impact on ability to adapt/training effect (antioxidants such as vitamins A and C)
- Many athletes have an increased level of vitamin B6. This supplement therefore contains no vitamin B6
- There is no evidence that additional vitamins and minerals improve performance in athletes with no deficiencies

* A proportion of the population has a lower intake of vitamin A (22-38%), folic acid (11-41%), vitamin C (12-28%), vitamin E (23-58%), magnesium (22-30%), potassium, and zinc (8-18%) than the recommended amounts (Dutch Food consumption survey 2007–2010)



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