

## Life Force Multiple - Green Multiple - Mega-Kid

Nahrungsergänzungsmittel (NEM) zur Versorgung mit Vitaminen und sekundären Pflanzenstoffen

**Verzehrempfehlung:** 2 - 4 bzw. 3 - 6 bzw. 1 - 2 Tabletten täglich

Die empfohlene Verzehrmenge von 4 bzw. 6 bzw. 2 Tabletten enthält:

|                                  | Tages-<br>verzehr-<br>menge<br><b>LFM</b> | Prozent zu<br>Refe-<br>renzwert-<br>en nach<br>NKV*<br>(DGE) | Tages-<br>verzehr-<br>menge<br><b>LFGM</b> | Prozent zu<br>Referenz-<br>werten<br>nach<br>NKV*<br>(DGE) | Tages-<br>verzehr-<br>menge<br><b>MK</b> | Prozent zu<br>Referenz-<br>werten<br>nach<br>NKV*<br>(DGE) |
|----------------------------------|---|--|--|--|--|--|
| Vitamin A<br>davon Beta Carotin  | 25.000 IE<br>20.000 IE                    | 750 %  | 25.000 IE<br>20.000 IE                     | 750 %  | 6.000 IE<br>6.000 IE                     | 120 %  |
| Vitamin C                        | 1.000 mg                                  | 1.000 %  | 1.000 mg                                   | 1.000 %  | 200 mg                                   | 334 %  |
| Vitamin D3                       | 2.000 IE                                  | 250 %  | 2.000 IE                                   | 250 %  | 400 IE                                   | 50 %   |
| Vitamin E                        | 400 IE                                    | 1.914 %  | 400 IE                                     | 1.914 %  | 30 IE                                    | 100 %  |
| Vitamin K                        | -   | -  | -  | -  | 20 µg                                    | 26 %   |
| Vitamin B1                       | 100 mg                                    | 7.692 %  | 100 mg                                     | 7.692 %  | 5 mg                                     | 334 %  |
| Vitamin B2                       | 100 mg                                    | 6.667 %  | 100 mg                                     | 6.667 %  | 5 mg                                     | 296 %  |
| Niacin 30 %<br>Niacinamide 70 %  | 100 mg                                    | 556 %  | 100 mg                                     | 556 %  | 15 mg                                    | 76 %   |
| Vitamin B6                       | 100 mg                                    | 6.250 %  | 100 mg                                     | 6.250 %  | 5 mg                                     | 240 %  |
| Folsäure                         | 800 µg                                    | 200 %  | 800 µg                                     | 200 %  | 400 µg                                   | 100 %  |
| Vitamin B12                      | 1.000 µg                                  | 33.333 %   | 1.000 µg                                   | 33.333 %   | 10 µg                                    | 164 %  |
| Biotin                           | 300 µg                                    | 500 %  | 300 µg                                     | 500 %  | 150 µg                                   | 50 %   |
| Pantothenensäure                 | 110 mg                                    | 1.833 %  | 110 mg                                     | 1.833 %  | 15 mg                                    | 150 %  |
| Kalzium                          | 200 mg                                    | 22 %   | 200 mg                                     | 22 %   | 40 mg                                    | 4 %  |
| Eisen                            | 12 mg                                     | 120 %  | 12 mg                                      | 120 %  | 6 mg                                     | 34 %   |
| Jod                              | 200 µg                                    | 100 %  | 200 µg                                     | 100 %  | 80 µg                                    | 54 %   |
| Magnesium                        | 200 mg                                    | 57 %   | 200 mg                                     | 57 %   | 30 mg                                    | 8 %  |
| Zink                             | 30 mg                                     | 200 %  | 30 mg                                      | 200 %  | 5 mg                                     | 34 %   |
| Selen                            | 200 µg                                    | 200 %  | 200 µg                                     | 200 %  | 60 µg                                    | 86 %   |
| Kupfer                           | 2 mg                                      | 67 %   | 2 mg                                       | 67 %   | 150 µg                                   | 8 %  |
| Mangan                           | 6 mg                                      | 120 %  | 6 mg                                       | 120 %  | 2 mg                                     | 100 %  |
| Chrom                            | 200 µg                                    | 100 %  | 200 µg                                     | 100 %  | 10 µg                                    | 8 %  |
| Molybdän                         | 200 µg                                    | 100 %  | 200 µg                                     | 100 %  |  |  |
| Natrium                          | 10 mg                                     | 2 %  | 20 mg                                      | 4 %  |  |  |
| Kalium                           | 100 mg                                    | 5 %  | 100 mg                                     | 5 %  | 20 mg                                    | 1 %  |
| N-Acetyl-Cysteine                | 300 mg                                    | -  | 300 mg                                     | -  |  |  |
| Gamma-Vitamin-E-Complex          | 134 mg                                    | -  | 134 mg                                     | -  |  |  |
| Silymarin (Mariendistel-Extract) | 120 mg                                    | -  | 130 mg                                     | -  |  |  |
| Cholin                           | 100 mg                                    | -  | 100 mg                                     | -  |  |  |
| Inositol                         | 100 mg                                    | -  | 100 mg                                     | -  | 10 mg                                    | -  |
| Alpha-Liponsäure                 | 80 mg                                     | -  | 90 mg                                      | -  |  |  |
| Trans-Resveratrol                | 80 mg                                     | -  | ->   | Entzün-<br>dungsh.   |  |  |
| DMAE                             | 60 mg                                     | -  | 60 mg                                      | -  |  |  |
| Grape Seed Extract (OPC)         | 60 mg                                     | -  | ->   | ORAC   |  |  |
| MSM                              | 50 mg                                     | -  | 30 mg                                      | -  |  |  |
| Weißdorn-Beere-Extract           | 50 mg                                     | -  | ->   | ORAC   |  |  |
| N-Acetyl - L-Tyrosine            | 50 mg                                     | -  | 50 mg                                      | -  |  |  |
| Kurkuma-Rhizome-Extract 95%      | 50 mg                                     | -  | ->   | Entzün-<br>dungsh.   |  |  |
| Grün-Tee-Extract                 | 50 mg                                     | -  | ->   | Immunsys-<br>tem   |  |  |
| Quercetin                        | 50 mg                                     | -  | 100 mg                                     | -  | 4 mg                                     | -  |
| Coenzym Q10                      | 40 mg                                     | -  | 40 mg                                      | -  |  |  |
| Ginkgo Biloba Leaf 24 %          | 40 mg                                     | -  | 60 mg                                      | -  |  |  |
| Heidelbeer-Extract               | 10 mg                                     | -  | ->   | ORAC   | 4 mg                                     | -  |
| Tocotrienol-Complex              | 20 mg                                     | -  | 20 mg                                      | -  |  |  |

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|--|---|--|--|--|---|--|
| Rutin  | 10 mg                                     | -  | 30 mg                                      | -  | 40 mg   | -  |
| Schwarzer Pfeffer-Extract  | 6 mg                                      | -  | 6 mg                                       | -  |   |  |
| Lycopene   | 6 mg                                      | -  | 6 mg                                       | -  |   |  |
| Bor  | 4 mg                                      | -  | 4 mg                                       | -  |   |  |
| Lutein   | 4 mg                                      | -  | 4 mg                                       | -  |   |  |
| Astaxanthin  | 200 µg                                    | -  | 200 µg                                     | -  |   |  |
| Lysin  |   |  |  |  | 12 mg   | -  |
| Citrus-Bioflavonoide   |   |  |  |  | 30 mg   | -  |
| Bienen-Pollen  |   |  |  |  | 20 mg   | -  |
| Bifidobacterium bifidus  |   |  |  |  | 20 mg   | -  |
| Erbse  |   |  |  |  | 10 mg   | -  |
| Weizengras   |   |  |  |  | 10 mg   | -  |
| Weizen-Sprössling  |   |  |  |  | 10 mg   | -  |
| Haferkleie   |   |  |  |  | 10 mg   | -  |
| Gerstengras  |   |  |  |  | 10 mg   | -  |
| Taurin   |   |  |  |  | 8 mg  | -  |
| Hesperidin   |   |  |  |  | 4 mg  | -  |
|  |   |  |  |  |   |  |
| Mischung aus Meeresalgen und Seegräsern:<br>Spirulina, Chlorella, Barley Grass, Wheat Grass and<br>Kamut® Brand Wheat Grass  |   |  | 790 mg                                     | -  |   |  |
| Mischung aus Radikalfängern (ORAC):<br>Grape Seed Extract (Proanthodyn™), Hawthorn Berry<br>Extract (4:1), Acai Fruit Extract (4:1), Cranberry Fruit<br>Extract (90% solids), Blueberry Leaf Extract (20% chloro-<br>genic acids), Elderberry Fruit Extract, Amla Fruit, Grape<br>Skin Extract (20% polyphenols), Lycium Fruit Extract<br>(4:1), Pomegranate Fruit Juice Extract (10:1), Red Wine<br>Extract, Mangosteen Fruit Rind Extract (XanoMax®)<br>(standardized to 95% flavonoids and 40% mangostins),<br>Strawberry Fruit, Bilberry Fruit Extract (25% anthocya-<br>nins), Raspberry Leaf Extract (40% ellagic acid) and White<br>Mulberry Fruit Extract (10:1) |   |  | 534 mg                                     | -  | 10 mg<br>Spirulina                                  | 4 mg<br>Granat-<br>apfelsamen                              |
| Gemüsemischung:<br>Spinach Leaf, Broccoli Floret and Stem, Carrot Root, Cau-<br>liflower Head, Red Beet Root, Artichoke Aerial Parts, Cab-<br>bage Floret and Stem and Wasabi Rhizome  |   |  | 340 mg                                     | -  | 40 mg<br>Carrot<br>Root<br>10 mg<br>Spinach<br>Leaf | 20 mg<br>Red Beet<br>Root<br>4 mg<br>Broc-<br>coli/Cabage  |
| Mischung zur Stärkung des Immunsystems:<br>Green Tea Leaf Ext. (95% polyphenols, 35% EGCG), Ast-<br>ragalus Root Ext. (10:1), Eleuthero Root Ext. (5:1) and Oli-<br>ve Leaf Ext. (15% oleuropein)  |   |  | 300 mg                                     | -  |   |  |
| Entzündungshemmende Mischung:<br>Polygonum cuspidatum Root Ext. (standardized to 50% nat-<br>ural trans-resveratrols), Turmeric Rhizome, Bromelain,<br>Holy Basil Leaf Ext. (2% ursolic acid), Ginger Root and<br>Rosemary Leaf Ext. (5:1)   |   |  | 526 mg                                     | -  |   |  |
| Pilzmischung:<br>Cordyceps sinensis Mycelia, Turkey Tail Mycelia Biomass,<br>Reishi Mushroom Ext. (6:1), Hericium erinaceus Mycelia<br>Biomass, Maitake Mycelia Biomass and Reishi Mycelia<br>Biomass  |   |  | 210 mg                                     | -  |   |  |

\*Nährwert-Kennzeichnungs-Verordnung