

Advanced Multivitamin & Minerals For Men – a nutritionist's guide

Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

Dosing guidelines

A serving of *Advanced Multivitamin & Minerals For Men* consists of 2 tablets, providing you with the full serving amount as indicated on the nutritional panel. Some people are highly sensitive to new supplements and changes in their diet, so if this sounds like you, try starting with 1 tablet per day and increasing the dosage after a couple of weeks. Each tablet contains a split line so you could even start with half a tablet to receive a quarter of the serving amount. If you're not as sensitive to change, it is perfectly safe to start with 2 tablets straightaway.

How to maximise absorption

Split dosing is recommended to ensure maximum absorption and to maintain levels of vitamins and minerals throughout the day. We also recommend taking the tablets with food as this will stimulate the body's natural production of digestive enzymes, assisting in the breakdown and absorption of the vitamins.

When split dosing, we recommend taking one with breakfast, and one with your evening meal to keep your levels topped up through the day and night, thus supporting both energy production and sleep, as well as many other functions. Personal differences always occur though, so if you feel like you have too much energy in the evening and it is disrupting your sleep, try taking your supplement with your breakfast and lunch instead, as B-vitamins specifically can have an energising effect.

Have trouble swallowing?

Each tablet contains a split line so it is very easy to snap each tablet in half, making it easier to swallow.



*Maxine Sheils BSc (Hons), DipCNM
Nutritionist*

Going above and beyond the NRV

We often get asked why we use high doses of some vitamins in *Advanced Multivitamin & Minerals For Men*. Firstly, the nutrient reference value (NRV) is the minimum amount needed to meet our requirements, but is the minimum enough? As B vitamins and vitamin C are water-soluble, the body is very efficient at eliminating them from the body; this is one of the reasons why many of these vitamins don't have a safe upper limit - the body simply eliminates the excess. With this in mind, we decided to meet our serving amount somewhere in the middle, ensuring our customers receive an optimal amount without exceeding the safe upper limit where applicable.

Is this supplement suitable for women?

Whilst we do have an alternative formula - *Advanced Multivitamin & Minerals with Iron*, which we recommend for most women of menstruating age, we recognise that not all women require a multivitamin with iron. We do hope to extend our multivitamin range further in the future. In the meantime, it is perfectly safe for women to take *Advanced Multivitamin & Minerals For Men*. However, as with any dietary supplement, pregnant and breastfeeding women should seek professional medical advice before taking any food supplement.

Feeling the benefits

Some people feel the benefits of *Advanced Multivitamin & Minerals For Men* almost immediately, with increased energy; this tends to be those who are deficient in some of the B-vitamins. For others, the effects may be less obvious. Perhaps try recording your reasons for taking *Advanced Multivitamin & Minerals For Men* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your symptoms.

Taking other supplements alongside *Advanced Multivitamin & Minerals For Men*

Many people take other supplements alongside *Advanced Multivitamin & Minerals For Men*, a vitamin B-complex for example. If taking *Super B-Complex*, we recommend taking one *Advanced Multivitamin and Mineral For Men* tablet, and one *Super B-Complex* so as not to exceed the upper limit for some of the B-vitamins. You can apply this principle to any of your supplements; simply take 1 *Advanced Multivitamin & Minerals For Men* per day to receive half the amount.

Bright yellow urine?

If you have bright yellow urine as a side-effect of taking *Advanced Multivitamin & Minerals For Men*, don't worry. This is a perfectly normal reaction and occurs thanks to vitamin B2 which is naturally yellow and can become fluorescent in response to light. Fun fact: this is the reason for the slight yellowing of milk, which turns more yellow if left out of the fridge.

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HEALTHCARE NUTRITION

Be kind to your health™

The safety of *Advanced Multivitamin & Minerals For Men*

Speak to your GP before supplementing with any nutrition supplement if you are prescribed medication or have a medical condition.

Ask a nutritionist

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [Igennus.com](https://www.igennus.com), email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

