

## Advanced Multivitamin & Minerals With Iron – 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 With Iron* 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. Children between the ages of 12-16 can take 1 tablet per day, receiving half the serving amount.



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Nutritionist*

### 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.

**Going above and beyond the NRV**

We often get asked why we use such high doses of some vitamins in *Advanced Multivitamin & Minerals With Iron*. 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 safe for men?**

Evidence from the latest National Diet and Nutrition Survey indicates that males are more likely to achieve, or slightly exceed, the current nutrient reference value (NRV) for iron. However, some men have low levels due to low dietary intake, in which case iron supplementation may be necessary along with close supervision from a healthcare practitioner.

For men who don't have higher iron requirements, we recommend *Advanced Multivitamin & Minerals for Men*.

**Feeling the benefits**

Some people feel the benefits of *Advanced Multivitamin & Minerals with Iron* 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 with Iron* (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 With Iron***

Many people take other supplements alongside *Advanced Multivitamin & Minerals with Iron*, a vitamin B complex for example. If taking *Super B-Complex*, we recommend taking one *Advanced Multivitamin and Mineral with Iron* 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 with Iron* per day to receive half the amount. If you're still unsure, feel free to contact us.

**Looking for an iron-free multivitamin suitable for women?**

We hope to extend our range further in the future. In the meantime, it is perfectly safe for women who require an iron-free multivitamin 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.

**Bright yellow urine?**

If you have bright yellow urine as a side-effect of taking *Advanced Multivitamin & Minerals with Iron*, 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.

**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](mailto:askourexperts@igennus.com) or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

