

UltraProtect

30 min before breakfast 7.30 h:

1 x Broccoraphanin: Broccoraphanin activated 300 mg

Morning 8:00 h:

1 x UltraProtect mix: Green Tea extract 98% (50% EGCG) 300 mg, Vit B3 (Nicotinamide) 125 mg, Japanese Knotweed dry extract (95 % Resveratrol) 52.63 mg, Coenzym Q10 50 mg, Kelp 25 mg, Vit B2 (Riboflavine) 10 mg, Vit B6 (P5P) 10 mg, Methyltetrahydrofolate (MTHF) 250 µg, Vit B12 (Methylcobalamine) 150 µg, Vit K2 125 µg, Selenium (Sodium Selenite) 100 µg.

1 x Biocurcumax: Curcumine BCM 95 250 mg

1 x Pure Vitamine C: Vit C 1000 mg

1 x Magnesium Malate: Magnesium 90mg
(Magnesium Malate)

Evening, during dinner 18:00 h:

1 x SUN-D: Vit D3 3000 IU

1 x Omega-3-Plus: Fish oil 1g
Omega-3 Fatty Acids: Eicosapentaenoic acid (EPA) 306 mg, Docosahexaenoic acid (DHA) 240 mg

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1 x Magnesium Malate: Magnesium 90mg
(Magnesium Malate)