

## Information For the Use

Ginseng Extract 3% 90mg + Vitamin A 500mcg + Vitamin B1 1mg + Vitamin B2 1.5mg + Vitamin B6 1mg + Vitamin B12 1mcg + Vitamin C 15 mg + Vitamin D3 200 IU + Vitamin E 5mg + Nicotinamide 5mg + D-Pantothenate Calcium 5mg + Dietary Folate 150mcg + Ferrous Fumarate 30.69mg + Copper Sulphate 1.96mg + Manganese Sulphate 1.538mg + Magnesium Sulphate 30.408mg + Zinc Oxide 12.45mg + Calcium Phosphate Dibasic 254.6mg + Potassium Iodide 130.8mcg + Potassium Chloride 3.812mg

# Multibolt G Plus Softgel

**Ginseng Extract 3% 90mg + Multivitamin and Multimineral Softgel**

## Description

This softgel is a comprehensive health supplement formulated to provide essential vitamins, minerals, and Ginseng extract. It is designed to combat fatigue, enhance energy levels, support immunity, and promote overall physical and mental well-being. Ideal for individuals with high stress, nutritional deficiencies, or those seeking improved vitality.

## Composition (Per Softgel)

- Ginseng Extract (3%): 90 mg
- Vitamin A: 500 mcg
- Vitamin B1 (Thiamine): 1 mg
- Vitamin B2 (Riboflavin): 1.5 mg
- Vitamin B6 (Pyridoxine): 1 mg
- Vitamin B12: 1 mcg
- Vitamin C: 15 mg
- Vitamin D3: 200 IU
- Vitamin E: 5 mg
- Nicotinamide (Vitamin B3): 5 mg
- D-Pantothenate Calcium (Vitamin B5): 5 mg
- Dietary Folate (Folic Acid): 150 mcg
- Ferrous Fumarate: 30.69 mg (providing Elemental Iron)
- Copper Sulphate: 1.96 mg (providing Elemental Copper)
- Manganese Sulphate: 1.538 mg (providing Elemental Manganese)
- Magnesium Sulphate: 30.408 mg (providing Elemental Magnesium)
- Zinc Oxide: 12.45 mg (providing Elemental Zinc)

- Calcium Phosphate Dibasic: 254.6 mg (providing Elemental Calcium and Phosphorus)
- Potassium Iodide: 130.8 mcg (providing Elemental Iodine)
- Potassium Chloride: 3.812 mg (providing Elemental Potassium)

## Indications

This supplement is beneficial for:

1. **Fatigue and Energy Management:** Enhances energy and reduces physical and mental fatigue.
2. **Nutritional Deficiencies:** Supports daily nutritional requirements.
3. **Immunity Support:** Strengthens the immune system to prevent illness.
4. **Cognitive Function:** Improves focus, memory, and mental clarity.
5. **Anemia Prevention:** Provides iron and folate to support red blood cell production.
6. **Bone and Joint Health:** Strengthens bones with calcium, magnesium, and Vitamin D3.
7. **Skin and Hair Health:** Supports cell repair and collagen formation.

## Key Ingredients and Their Benefits

### 1. Ginseng Extract (90 mg):

- Acts as an adaptogen, reducing stress and improving stamina.
- Boosts mental clarity, focus, and energy levels.

## 2. Vitamins:

- **Vitamin A:** Enhances vision, skin health, and immune defense.
- **Vitamin B Complex (B1, B2, B6, B12, Niacinamide, Pantothenic Acid):** Supports energy metabolism, red blood cell production, and nervous system health.
- **Vitamin C:** A powerful antioxidant that boosts immunity and promotes skin health.
- **Vitamin D3:** Aids in calcium absorption for bone and joint health.
- **Vitamin E:** Protects cells from oxidative damage and improves skin health.

## 3. Minerals:

- **Iron (Ferrous Fumarate):** Prevents anemia and supports oxygen transport.
- **Zinc:** Improves immune response, wound healing, and reproductive health.
- **Magnesium and Calcium:** Strengthen bones, improve muscle function, and support heart health.
- **Copper and Manganese:** Involved in enzymatic functions and connective tissue formation.
- **Iodine:** Supports thyroid gland function and hormonal balance.
- **Potassium:** Helps regulate blood pressure and maintain fluid balance.

---

## Dosage and Administration

- **Recommended Dose:**
  - **Adults:** One softgel daily after meals or as directed by a healthcare professional.
- **Administration:** Swallow the softgel with a glass of water. Avoid chewing or breaking the capsule.

---

## Contraindications

- **Hypersensitivity** to any component of the formulation.
- **Patients with hypercalcemia or iron overload disorders.**

---

## Warnings and Precautions

1. **Pregnancy and Lactation:** Use only under medical advice.
2. **Chronic Conditions:** Consult a physician if you have kidney, liver, or thyroid disorders.
3. **Iron Overdose:** Keep out of reach of children to avoid accidental overdose.

---

## Adverse Effects

- **Common:** Mild gastrointestinal discomfort, nausea, or bloating.
- **Rare:** Allergic reactions such as rash, itching, or swelling.
- **Prolonged Use:** May cause hypervitaminosis or mineral imbalance if not taken as directed.

---

## Storage Conditions

- **Store** at a temperature below 25°C (77°F).
- **Protect** from light and moisture.
- **Keep** the container tightly closed after use.

---

## Key Benefits

- **Comprehensive Nutritional Support:** Provides a balance of essential vitamins, minerals, and Ginseng.
- **Energy and Vitality:** Enhances physical and mental performance.
- **Immune Boosting:** Strengthens the body's defenses against illness.
- **Bone and Blood Health:** Supports strong bones and prevents anemia.

- **Stress Relief: Reduces fatigue and improves adaptability to physical and mental stress.**
- 

## **Presentation**

- **Packaged in a blister strip or bottle containing 10, 30, or 60 softgels for convenient dosing.**
- 

**Note: This supplement is intended as an adjunct to a balanced diet and healthy lifestyle. It is not a substitute for medical treatment. Always consult a healthcare provider for personalized advice.**

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

**(An ISO 9001: 2015 Certified Co.)**

Plot no.: 367-FF, Industrial Area Phase-I,  
Panchkula-134113

TM: Trademark Applied for