
Subject: Gute NEM??

Posted by [hannes](#) on Mon, 29 Oct 2007 16:04:50 GMT

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Hallo

Bin gerade dabei mir geeignete NEM's zu besorgen.

Was sollte man alles nehmen?

Also was ich sicher besorgen werde ist Biotin (5mg) oder ist das zuviel?

Dann wollte ich noch Fragen, was ihr von folgenden Kapseln haltet:

a) Supplement Facts

Serving Size 1 Tablet

Amount Per Serving % Daily Value

Niacin 35 mg 175%

Folic Acid 400 mcg 100%

Vitamin B-12 (as Cyanocobalamin) 6 mcg 100%

Pantothenic Acid (as d-Calcium Pantothenate) 100 mg 1,000%

Iron (as Ferrous Sulfate) 15 mg 83%

Iodine (from Kelp) 150 mcg 100%

Zinc (as Zinc Gluconate) 15 mg 100%

Copper (as Copper Gluconate) 2 mg 100%

Manganese (as Manganese Gluconate) 5 mg 250%

Sodium 5 mg <1%

PABA (Para-Aminobenzoic Acid) 30 mg *

Choline Bitartrate 125 mg *

Inositol 50 mg *

Isolated Soy Protein 100 mg *

Brewer's Yeast 5 mg *

*Daily Value not established.

b)

Supplement Facts

Serving Size 3 tablets

Servings Per Container 30

Amount Per Serving % Daily Value

Vitamin A (100% as Beta-Carotene) 10,000 I.U. 200%

Vitamin C (as Ascorbic Acid) 1,000 mg 1,667%

Thiamin 84 mg 5,600%

(Vitamin B-1) (as Thiamin Mononitrate)

Riboflavin (Vitamin B-2) 100 mg 5,882%

Niacin (as Niacinamide) 100 mg 500%

Vitamin B-6 (as Pyridoxine Hydrochloride) 81 mg 4,050%

Folic Acid 400 mcg 100%

Vitamin B-12 (as Cyanocobalamin) 100 mcg 1,667%

Biotin 2,000 mcg 667%
Zinc (as Zinc Amino Acid Chelate) 5 mg 33%
Copper (as Cupric Gluconate) 2 mg 100%
Choline Bitartrate 500 mg *
Inositol 500 mg *
PABA (Para-Aminobenzoic Acid) 100 mg *
L-Cysteine (as L-Cysteine Hydrochloride) 334 mg *
*Daily Value not established.

c)B-Complex

Amount Per Serving % Daily Value

Thiamin (Vitamin B-1) 100 mg 6,667%
(as Thiamin Mononitrate)

Riboflavin (Vitamin B-2) 100 mg 5,882%

Niacin (as Niacinamide) 100 mg 500%

Vitamin B-6 100 mg 5,000%
(as Pyridoxine Hydrochloride)

Folic Acid 400 mcg 100%

Vitamin B-12 100 mcg 1,667%
(as Cyanocobalamin)

Biotin (as d-Biotin) 100 mcg 33%

Pantothenic Acid 100 mg 1,000%
(as d-Calcium Pantothenate)

Inositol 100 mg **

PABA 100 mg **
(Para-Aminobenzoic Acid)

Choline Bitartrate 100 mg **

Proprietary Blend 5 mg **
(Parsley Leaves Powder, Rice Bran

Defatted Powder, Watercress Leaves Powder, Alfalfa Leaves Powder, Soy Lecithin Granules)

**Daily Value not established.

Vielen Dank schon im voraus.

Gruss
