
Subject: Frage zu dieser "Haarpille"

Posted by [fixt](#) on Wed, 21 Dec 2005 20:50:36 GMT

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Hier ist die Zusammensetzung....da ich viele unterschiedliche NEM nehme und es schon "anstrengend" ist so viele Tabletten täglich zu nehmen wollte ich mal fragen ob diese "Haarpille" ausreicht und ich andere NEM weglassen kann:

Vitamin A (as retinyl palmitate) 5,000 IU 100%

Vitamin C (as ascorbic acid, rose hips) 200 mg 333%

Vitamin E (as d-alpha tocopheryl acid succinate) 50 IU 167%

Thiamin (vitamin B-1)(as thiamine HCl) 30 mg 2,000%

Riboflavin (vitamin B-2) 50 mg 2,941%

Niacin (as niacinamide) 50 mg 250%

Vitamin B-6 (as pyridoxine HCl) 50 mg 2,500%

Folic Acid 400 mcg 100%

Vitamin B-12 (as cyanocobalamin) 50 mcg 833%

d-Biotin 2,000 mcg 667%

Pantothenic Acid (as d-calcium pantothenate) 50 mg 500%

Calcium (as calcium carbonate) 200 mg 20%

Iodine (as kelp) 225 mcg 150%

Zinc (as zinc amino acid chelate) 15 mg 100%

Selenium (as selenium amino acid chelate) 50 mcg 71%

Copper (as copper amino acid chelate) 1 mg 50%

MSM (methylsulfonylmethane) 600 mg *

L-Methionine (free form) 250 mg *

Canola Fatty Acid Complex (source of unsaturated fatty acids, linoleic and oleic acids) 200 mg *

Horsetail Extract 2:1 (leaf/stem) 100 mg *

L-Cysteine (as L-cysteine HCl) 100 mg *

Inositol 50 mg *

PABA (para-aminobenzoic acid) 50 mg *

Choline (from 50 mg choline bitartrate) 23 mg *

*Daily value not established.

Außer NAC ist da doch alles enthalten oder hab ich da was übersehen?

Subject: Re: Frage zu dieser "Haarpille"

Posted by [kkoo](#) on Wed, 21 Dec 2005 21:04:16 GMT

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und was kost der spaß?
