

## Dietary supplement softgels



## Various formulas of “Multivitamin + Minerals”

- differentiated by gender or age -

Ingredients	For Women	For Men	For Seniors	For Maternity	Remarks
Vitamin A	3,500 IU	3,500 IU	2,500 IU	4,000 IU	Retinol palmitate, Retinyl acetate, β-carotene, etc.
Vitamin B1	2mg	2.5mg	2mg	1.5mg	Thiamin mononitrate, Thiamin nitrate, Thiamin HCl, etc.
Vitamin B2	2mg	3mg	2mg	1.7mg	Riboflavin, etc.
Vitamin B3	15mg	18mg	18mg	15mg	Niacin, Niacinamide, Nicotinamide, etc.
Vitamin B5	15mg	15mg	10mg	6mg	Pantothenic acid, Calcium pantothenate, d-Calcium pantothenate, etc.
Vitamin B6	2mg	2mg	2mg	1.8mg	Pyridoxine HCl, etc.
Folic acid	400mcg	200mcg	300mcg	400mcg	
Vitamin B12	6mcg	6mcg	8mcg	5mcg	Cyanocobalamin, etc.
Vitamin C	60mg	60mg	60mg	60mg	Ascorbic acid, etc.
Vitamin D	400 IU	300 IU	300 IU	400 IU	Ergocalciferol, Cholecalciferol, etc.
Vitamin E	30 IU	30 IU	30 IU	30 IU	dl-α-Tocopherol acetate, d-α-Tocopherol acetate, etc.
Vitamin K	50mcg	50mcg	30mcg		Phytonadione, etc.
Biotin	90mcg	90mcg	80mcg	80mcg	d-Biotin, etc.
Calcium	150mg	100mg	110mg	125mg	Calcium carbonate, Calcium citrate, Calcium silicate, etc.
Magnesium	20mg	20mg	20mg	20mg	Magnesium oxide, etc.
Zinc	8mg	12mg	12mg	12mg	Zinc oxide, etc.
Manganese	1mg	1.5mg	1.5mg	1.5mg	Manganese sulfate, Manganese gluconate, etc.
Copper	1mg	0.5mg	0.5mg	0.8mg	Cupric sulfate, Cupric oxide, Cupric gluconate, etc.
Iron	10mg	6mg	3.5mg	15mg	Ferrous fumarate, etc.
Selenium	50mcg	50mcg	50mcg	50mcg	Sodium selenate, etc.
Iodine	120mcg	120mcg	120mcg	150mcg	Potassium iodide, etc.
Potassium	15mg	15mg	15mg	15mg	Potassium chloride, etc.
Phosphorous	10mg	10mg	10mg	10mg	Dicalcium phosphate, etc.
Chromium	25mcg	30mcg	40mcg	20mcg	Chromium picolinate, Chromium chloride, etc.
Molybdenum	20mcg	20mcg	15mcg	20mcg	Sodium molybdate, etc.

## Multivitamin

- enhanced with various functional ingredients

### Multivitamin + Minerals + Ginseng

Ingredients	Amount
Vitamin A	2,500 IU
Vitamin B <sub>1</sub>	1.5mg
Vitamin B <sub>2</sub>	1.7mg
Vitamin B <sub>3</sub>	15mg
Vitamin B <sub>5</sub>	10mg
Vitamin B <sub>6</sub>	2mg
Folic acid	200mcg
Vitamin B <sub>12</sub>	6mcg
Vitamin C	60mg
Vitamin D	250 IU
Vitamin E	22.5 IU
Vitamin K	25mcg
Biotin	50mcg
Calcium	100mg
Magnesium	20mg
Zinc	7.5mg
Manganese	1mg
Copper	0.5mg
Iron	6mg
Selenium	40mcg
Iodine	100mcg
Potassium	15mg
Phosphorous	10mg
Chromium	20mcg
Molybdenum	15mcg
Korean Ginseng ext.	50mg

### Multivitamin

Ingredients	Amount
Vitamin A	4,000 IU
Vitamin B <sub>1</sub>	2mg
Vitamin B <sub>2</sub>	2mg
Calcium pantothenate	10mg
Nicotinamide	20mg
Vitamin B <sub>6</sub>	2mg
Folic acid	100mcg
Vitamin B <sub>12</sub>	5mcg
Vitamin C	75mg
Vitamin D	400 IU
Vitamin E	15mg

### Multivitamin + Minerals + Omega3

Ingredients	Amount
Vitamin A	2,500 IU
Vitamin B <sub>1</sub>	1mg
Vitamin B <sub>2</sub>	1.5mg
Vitamin B <sub>3</sub>	10mg
Vitamin B <sub>5</sub>	5mg
Vitamin B <sub>6</sub>	1.5mg
Folic acid	200mcg
Vitamin B <sub>12</sub>	6mcg
Vitamin C	50mg
Vitamin D	100 IU
Vitamin E	10 IU
Biotin	30mcg
Calcium	100mg
Magnesium	30mg
Zinc	3mg
Manganese	1mg
Copper	0.5mg
Iron	5mg
Selenium	40mcg
Fish oil (EPA 165mg, DHA 110mg)	500mg

### Ginseng + Ganoderma + Royal jelly

Ingredients	Amount
Korean Ginseng ext.	34.8mg
Korean Linhzhi ext.	17.4mg
Royal jelly	0.87mg
Vitamin B <sub>1</sub>	8.7mg
Vitamin B <sub>2</sub>	1.74mg
Vitamin C	8.7mg
Vitamin E	17.4mg

### Multivitamin + Minerals + Amino acid

Ingredients	Amount
Vitamin B1	2.5mg
Vitamin B2	2.5mg
Nicotinamide	10mg
Calcium pantothenate	10mg
Vitamin B6	2.5mg
Cyanocobalamin	32.4mcg
Vitamin C	10mg
Vitamin E	10 IU
Ferrous fumarate	324mcg
L-Arginine	2.5mg
L-Aspartic acid	5mg
L-Cysteine HCl	5mg
L-Glutamine	5mg
L-Methionine	50mg
L-Ornithine	2.5mg
Aminoacetic acid	50mg
Choline bitartrate	50mg
Glutathione (reduced)	2.5mg
Lecithin	316mg
Inositol	50mg

### Multivitamin + Minerals + Royal jelly

Ingredients	Amount
Royal jelly	20mg
Vitamin A	5,000 IU
Vitamin D	400 IU
Vitamin E	45mg
Vitamin B1	2mg
Vitamin B2	2mg
Vitamin B6	2mg
Vitamin C	60mg
Nicotinamide	20mg
Calcium pantothenate	15.3mg
Vitamin B12	6mcg
Dibasic calcium phosphate	307.5mg
Magnesium oxide	66.34mg
Zinc oxide	5mg
Manganese sulfate	3mg
Ferrous fumarate	54.76mg
Copper sulfate	7.86mg
Potassium sulfate	18mg

## Calcium supplement

### Calcium + Vitamin D

Ingredients	Amount
Calcium carbonate	750mg
Vitamin D	400 IU

### Vitamin D

Ingredients	Amount
Vitamin D	2,000 IU
	5,000 IU

### Calcium + Magnesium + Vitamin D

Ingredients	Amount
Calcium carbonate	600mg
Magnesium oxide	200mg
Vitamin D	400 IU



## Immune activation

### White Ginseng

Ingredients	Amount
Korean Ginseng ext.	130.5mg

### Ginseng + Ganoderma + Vitamin B2, E

Ingredients	Amount
Korean Ginseng ext.	120mg
Ganoderma ext.	30mg
Antler ext.	30mg
Vitamin E	12mg
Vitamin B2	1.2mg

### Royal jelly

Ingredients	Amount
Royal jelly	500mg

### Red Ginseng

Ingredients	Amount
Korean Red Ginseng ext. (0.2% as Ginsenoside RB1)	174mg

### Propolis

Ingredients	Amount
Bee propolis ext.	500mg

### Momordica oil

Ingredients	Amount
Momordica oil	400mg
Vitamin E	40 IU

## Prostate health

### Saw palmetto

Ingredients	Amount
Saw palmetto	450mg

### Cucurbit

Ingredients	Amount
Cucurbit pepo semen oil ext.	500mg

### Saw palmetto + Zinc + Selenium

Ingredients	Amount
Saw palmetto	200mg
Zinc oxide	15mg
Selenium	70mcg



## Heart & blood circulation

### Omega3 30%

Ingredients	Amount
Purified fish oil (EPA 180mg, DHA 120mg)	1,000mg

### Omega3 60%

Ingredients	Amount
Purified fish oil (EPA 360mg, DHA 240mg)	1,000mg
Purified fish oil (EPA 647mg, DHA 253mg)	1,000mg

### EPO

Ingredients	Amount
Evening primrose oil (Gamma-Linolenic Acid 120mg)	1,400mg

### Salmon oil

Ingredients	Amount
Refined salmon oil (EPA 75mg, DHA 90mg)	1,000mg

### Borage oil

Ingredients	Amount
Borage oil (Gamma-Linolenic Acid 240mg)	1,000mg

### Garlic oil

Ingredients	Amount
Garlic oil ext. (equivalent to garlic bulb 1g)	10mg

## Women's Health

### Isoflavone + Vitamin D

Ingredients	Amount
Soy isoflavone	25mg
Vitamin D	300 IU

### Pomegranate

Ingredients	Amount
Pomegranate ext.	500mg
Vitamin C	60mg

### Magnesium + Vitamin E

Ingredients	Amount
Magnesium	200mg
Vitamin E	400 IU



## Eye Health

### Lutein

Ingredients	Amount
Lutein	20mg 40mg

### Lutein + Vitamins + Minerals

Ingredients	Amount
Lutein	2.5mg
Vitamin A	1,000 IU
Vitamin C	200mg
Vitamin E	100 IU
Zinc	30mg
Selenium	50mcg
Copper	1mg

## Joint support

### Glucosamine + Chondroitin

Ingredients	Amount
Glucosamine HCl	250mg
Chondroitin sulfate	200mg

### Lyprinol

Ingredients	Amount
Green Lipped Mussel extract oil	50mg

## Weight management

### CLA

Ingredients	Amount
Safflower seed oil (80% Conjugated Linoleic Acid)	1,000mg

### Lutein + Zeaxanthin + Vitamins

Ingredients	Amount
Lutein	20mg
Zeaxanthin	800mcg
Vitamin E	100 IU
Vitamin A	1,000 IU

### Bilberry

Ingredients	Amount
Bilberry	1,000mg



### Glucosamine + Chondroitin + MSM

Ingredients	Amount
Glucosamine sulfate	500mg
Chondroitin sulfate	400mg
Methylsulfonylmethane(MSM)	100mg

## Iron supplement

### Iron + Vitamins

Ingredients	Amount
Ferrous sulfate	40mg
Folic acid	500mcg
Vitamin B12	10mcg
Vitamin C	100mg



## Liver protection

### Milk thistle

Ingredients	Amount
Milk thistle (equivalent to Silymarin 140mg)	175mg

### Milk thistle + Vitamin B complex

Ingredients	Amount
Milk thistle	175mg
Vitamin B <sub>1</sub>	8mg
Vitamin B <sub>2</sub>	8mg
Vitamin B <sub>6</sub>	8mg
Nicotinamide	24mg
Calcium pantothenate	16mg

## Antioxidant

### Co-Q10

Ingredients	Amount
Coenzyme Q10	30mg 50mg 100mg

### Co-Q10 + Selenium + Vitamins

Ingredients	Amount
Coenzyme Q10	5mg
Selenium	25mcg
$\beta$ -carotene 30% suspension	10mg
Vitamin C	500mg
Vitamin E	200 IU
Zinc	14mg

### Vitamin E

Ingredients	Amount
Vitamin E	200 IU 400 IU 1,000 IU

### Selenium + Vitamins

Ingredients	Amount
Selenium	50mcg
$\beta$ -carotene 30% suspension	50mg
Vitamin C	500mg
Vitamin E	400 IU

### Lycopene

Ingredients	Amount
Lycopene	10mg 15mg

### Catechine + Vitamin E + Minerals

Ingredients	Amount
EGCG (Epigallocatechin gallate)	50mg
Vitamin E	2.5 IU
Selenium	25mcg
Zinc	3.74mg
Chromium	50mcg
Fish oil	500mg



## Brain health

### Ginkgo biloba

Ingredients	Amount
Ginkgo biloba ext.	40mg
	60mg
	80mg
	120mg

### Lecithin

Ingredients	Amount
Soy lecithin	1,200mg

### Multivitamin + Algae DHA

Ingredients	Amount
β-carotene	7.5mg
Vitamin B <sub>1</sub>	3mg
Vitamin B <sub>2</sub>	3.4mg
Nicotinamine	20mg
Pantothenic acid	7.5mg
Vitamin B <sub>6</sub>	2mg
Folic acid	400mcg
Vitamin B <sub>12</sub>	4mg
Vitamin D <sub>3</sub>	0.4mg
Vitamin K <sub>1</sub>	50mcg
Biotin	30mcg
Copper	14mcg
Iron	9mg
DHA	80mg

## Skin caring

### L-cystine

Ingredients	Amount
L-cystine	500mg

### Hawthorn + Ginkgo biloba + others

Ingredients	Amount
Crataegus ext.	50mg
Ginkgo biloba ext.	5mg
Mellisa leaf ext.	10mg
Garlic oil	150mg

### Amino acid + Vitamin B

Ingredients	Amount
dl-phosphoserine	10mg
L-glutamine	10mg
Taurine	50mg
L-tyrosine	10mg
Vitamin B <sub>6</sub>	2.5mg

### Omega3 for kids

Ingredients	Amount
Purified Fish Oil (EPA 108mg, DHA 72mg)	600mg
Vitamin E	30 IU



### L-cystine + Vitamins

Ingredients	Amount
L-cystine	250mg
Vitamin B <sub>1</sub>	1.8mg
Vitamin B <sub>2</sub>	1.95mg
Vitamin C	70mg