

## MULTIGO ' Drinkable Solution 100 MI



### Active Ingredients

#### *Pollen, Oats, Fenugreek*

**Pollen** is a fine and sticky powder that constitutes the matter fertilizing the flowers. Every single pollen grain contains all the elements necessary for life: proteins, vitamins, amino acids, fats, carbohydrates, enzymes, mineral salts and hormones, in varying proportions according to the flower from which they originate. The pollen is a real protein concentrate, present to an extent of 30% and consisting of all the 8 essential amino acids for man. In addition to these, are altogether present, even in a free form, 20 of the 22 alpha-amino acids of alimentary interest. Each pollen grain contains about 35% carbs (particularly glucose and fructose) which, together with the abundant content of trace elements and vitamins, make it a complement with remarkable energy and revitalizing properties. The fatty substances, however, are present in an average of 5% and being mainly constituted by unsaturated fatty acids, are particularly useful for the well being of the organism. The vitamin content is particularly high, so that only one tablespoon of pollen is able to cover alone the daily requirements of many vitamins. Even the mineral salts (phosphorus, potassium, magnesium, calcium, silicon, manganese, copper, iron, sodium, chromium, and zinc) are well represented. The completeness and complexity of its components make pollen a dietary supplement useful in the treatment and prevention of numerous conditions, pathological and not (anemia, arteriosclerosis, fatigue, capillary fragility, colitis, depression, diabetes, weight loss, eczema, flu, eyes tired, prostatitis, rheumatism, constipation and varicose veins). His virtues adaptogenic make it useful to improve the adaptation and the body's response to stressful events of various kinds. The use of pollen is also widespread in sports, where is appreciated its wealth in minerals, vitamins and amino acids. As said so far, the pollen can reasonably be considered a valid and complete natural alternative to multivitamin and multimineral supplement synthesis. Fasting is the best time to consume pollen, which can be taken, for example, before breakfast or between meals.

**Oats** are a source of slowly digested carbohydrate, high in fiber and therefore able to provide long-term energy without causing insulin spikes. In our country applications dietary oats are relatively recent, although this cereal has behind ancient traditions. The Germanic and Scotland people, for example, based their feeding on oats, since this annual plant can overcome even the harsh climates of the northern regions. In Italy, a few years ago, the oats were mainly intended for feed for horses. Today, the benefits of oats are well known and its spread in food is increasingly widespread. The excellent nutritional features of oats can already be guessed from the simple observation of the food tables. Among all the cereals, holds



the distinction of food richer in protein (12.6 to 14.9%) and fatty substances, including the essential linoleic acid. Also excellent the soluble fiber content, which make oats an ideal food to appease the appetite, regulate bowel function and normalize body weight. So it is no accident that folk medicine describes the oat flour as a nutritional and strengthening food , especially suitable for children and convalescents. An interesting note concerns the great biological value of its proteins. In particular oat has a good content of lysine, much higher than other cereals. In wheat this nutrient is the limiting amino acid, ie the essential one that, being contained in small quantities compared to the other, becomes limiting for protein synthesis. Oats is therefore an excellent food, nutritional and rebalancing, even for vegetarians. Of note is the presence of avenin, an alkaloid concentrated in the bran with toning, energy and rebalancing effect

**Fenugreek:** The drug is made by his semi hard and grayish. It is obtained from the fruit that, once reached full maturity, are dried in the open air and subjected to beating and husking. The hay greek has mainly tonic action, in fact the substances contained in the seeds of this plant increases the appetite for direct stimulation of hunger nuclei located at the base of the brain. Also increase protein synthesis in peripheral tissues, in particular in the muscles, favoring their development. The seed extract hay greek boasts tonic and stimulant properties that make it suitable in case of malnutrition, anemia, frailty child, convalescence and lactation (its emmenagogue properties were already known to the ancient Egyptians). All these properties are related to good presence of minerals (iron, manganese, copper, magnesium) and vitamins (B6, thiamine and riboflavin), vegetable oils, organic phosphates, fats and proteins. A group of normal rats and another group of animals rendered hyperglycemic with streptozotocin were treated with 12.5 mg / day of extract of hay greek for a long period. It is noticed that the animals normoglycemic increased food consumption both by eating more in the single meal and taking a greater number of meals. The low toxicity of hay greek is evidenced by the results of numerous studies.

#### **Indications**

Dietary supplement of Pollen, Oats, Fenugreek useful for the growth and development of children. To better deal with season changes, school commitments and sports activities.

#### **Directions for use**

Children: 5 mL in the morning and 5 mL in the afternoon or depending on the doctor's advicee afternoon

#### **Registration Number**

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