

FAQ

Why has Wellman Max been developed?

Wellman Max has been scientifically developed for men to contain a wide spectrum of nutrients and trace elements to help safeguard dietary requirements, including calcium for the demands of today's modern lifestyle. Wellman Max provides maximum nutritional support in the Wellman range. The 3-in-1 triple pack contains advanced vitamin and mineral tablets with 27 specially selected micronutrients, PLUS the added benefits of Omega 3,6,9 from premium grade Fish Oil, Blackcurrant Seed oil, Pumpkin Seed oil and EP grade Olive Oil PLUS calcium and vitamin D tablets.

When is Wellman Max recommended?

Wellman Max is recommended for men of all ages as a daily nutritional safeguard for general health and vitality. Wellman Max is ideal for those men leading an active lifestyle, and there is no need to take any other additional multivitamin.

Can Wellman Max be used with medicines simultaneously?

Generally, Wellman Max may be used alongside medications, because it contains only moderate levels of vitamins and minerals, and is free from any drugs or hormones. For specific advice on taking Wellman Max with medicines, we recommend that you contact your doctor or pharmacist first.

How many tablets and capsules does one pack of Wellman Max contain?

Wellman Max contains 28 x advanced micronutrient tablets, 28 x high purity Omega-3.6.9 capsules and 28 calcium and vitamin D tablets in a convenient 3-in-1 pack. It is recommended to take one micronutrient tablet, one Omega 3-6-9 capsule and one calcium tablet per day, so each pack lasts 28 days.

How and when should Wellman Max be used?

One micronutrient tablet, one Omega 3-6-9 capsule and one calcium tablet per day are recommended with or immediately after your main meal. Swallow with water or a cold drink, without chewing. Taking the tablet/capsule with a large meal maximises the absorption of the nutrients, and can reduce mild nausea, which is sometimes experienced if multivitamins are taken on an empty stomach. Wellman Max should only be taken on a full stomach. Always

ensure that Wellman Max is taken with liquid to wash the tablet/capsule down, and not tea or coffee, as this may cause the tablet/capsule to disintegrate too early.

Are there any undesired effects whilst taking Wellman Max?

Wellman Max has no known side effects when taken as directed. Do not exceed the recommended tablet/capsule intake. In case of overdose, seek medical advice immediately.

What are the active ingredients?

Please see nutritional information [click here](#)

How long does it take to experience any benefits?

Results vary amongst individuals, but in most cases, we would expect the beneficial effects of the nutrients in Wellman Max to build over several weeks, with noticeable results in one to three months. There is no maximum length of time over which Wellman Max may be used. A regular intake is recommended.

Is Wellman Max suitable for vegetarians?

No. Wellman Max is not suitable for vegetarians as the Omega 3-6-9 capsules contain fish oil in a pharmaceutical grade gelatin capsule. Adults can obtain DHA and EPA indirectly through the conversion of the essential fatty acid alpha-linolenic acid (ALA), present in vegetable oils such as linseed but this process is very inefficient. The Wellman Max Omega 3-6-9 capsule contains fish oil as it provides a much more reliable, direct source of DHA, EPA and ALA.

Difficulty swallowing tablets or capsules is fairly common - do you have any advice?

Difficulty in swallowing tablets or capsules is quite a common experience. Vitabiotics have researched this extensively, trying different methods, and hope that our tips will help you swallow tablets with ease.

The usual advice for those who have difficulty in swallowing tablets, is to break the tablets into 2-3 pieces, before swallowing with plenty of liquid. For capsules (which contain liquid), and in cases where people have more difficulty in swallowing tablets or capsules we recommend after chewing some food (e.g. banana), just before you swallow, pop the tablet or capsule into your mouth and swallow it together with the chewed food, followed by some liquid. The throat opens up wider automatically to swallow the chewed food and hence the tablet should go down with greater ease. Alternatively the tablet or capsule may be swallowed with thicker liquids such as yoghurts or smoothies. We hope these tips are of help.

Some Nutrient Reference Value (NRV) levels are above 100%, is this safe?

Certain vitamins are very safe at levels tens or even hundreds of times the NRV, whereas for others the safety level is much closer to the NRV. For this reason every vitamin and mineral needs to be considered on an individual basis in terms of its upper safe level.

The Nutrient Reference Value (NRV) is the amount of a vitamin or mineral which has been calculated to help prevent basic deficiency states in the general population. However, certain vitamins and minerals at optimal levels, above the NRV, have consistently been shown to have positive benefits in specific areas of health. This is why some Vitabiotics formulas have certain nutrient levels greater than 100% NRV.

All Vitabiotics products have been developed using the latest research and contain effective levels of vitamins and minerals, while **avoiding any excessive amounts, in accordance with official upper safe limits for vitamins and minerals.**

Vitabiotics avoids "mega dose" levels of isolated nutrients and instead **we have always stressed the importance of safe, moderate and sensible levels of vitamins and minerals, carefully balanced to maximise their combined effect;** an approach which has been supported by many experts and researchers over the years.

Always read the product directions before use. Do not exceed the recommended intake. As with other supplements, seek professional advice before using if you suffer from food allergies. Vitamin supplements are not intended to treat or prevent any disease. Food supplements must not replace a balanced and varied diet, and a healthy lifestyle. Do not use if you are allergic to soya or fish. This product contains iron, which if taken in excess may be harmful to very young children.