

Multi Vitamin + Mineral Tablets

With important vitamins and minerals A-Z

Contains: 100 tablets

Information

A balanced diet generally supplies us with enough vitamins and minerals. But sometimes an increased intake is required. This can be due to an unbalanced or wrongly prepared diet. Vitamins and minerals are lost when food is heated too much or too slowly, cooked or watered excessively, or when it is stored incorrectly. A compact nutrient package full of vitamins and minerals can also be highly beneficial for adolescents, athletes or elderly people.

The vital substances from our **Multi Vitamin + Mineral Tablets** are very powerful. A-Z Multi Vitamin + Mineral Tablets contain a careful combination of nutrients in physiological doses – ideally suited to supplementing your diet without the risk of an overdose. As little as one tablet a day can help you improve your vitamin and mineral intake!

The EFSA confirms:

- **Vitamin C, folic acid** and **selenium** contribute to a normal immune function.
- **Vitamin E** as well as the trace elements **manganese** and **copper** contribute to the protection of cells from oxidative stress.
- **The vitamins niacin, biotin, B₁, B₂, B₆ and B₁₂** contribute to the functioning of the nervous system, and **pantothenic acid** contributes to normal mental performance.
- **Vitamin A** contributes to the preservation of our vision.
- **Vitamins K and D** contribute to the preservation of normal bones.
- The minerals **calcium** and **magnesium** are required for bone and tooth preservation, and **magnesium** also supports the muscle function.
- **Zinc** contributes to the preservation of normal skin, hair and nails.
- **Iron** contributes to the formation of red blood cells and the red blood pigment haemoglobin.
- **Chromium** contributes to the maintenance of normal blood sugar levels.

One tablet contains

100 mg vitamin C, 18 mg NE niacin, 10 mg α -TE Vitamin E, 6 mg pantothenic acid, 2 mg vitamin B₆, 1.6 mg vitamin B₂, 1.4 mg vitamin B₁, 800 μ g RE Vitamin A, 200 μ g folic acid, 150 μ g biotin, 30 μ g vitamin K1, 5 μ g vitamin D3, 1 μ g vitamin B12, 160 mg calcium, 100 mg magnesium, 5 mg zinc, 4 mg iron, 1 mg manganese, 1,000 μ g copper, 100 μ g iodine, 60 μ g chromium, 30 μ g selenium, 25 μ g molybdenum.

Ingredients

Calcium carbonate; magnesium oxide; L-ascorbic acid; potassium chloride; rice starch; bulking agents: cellulose; hydroxypropyl methylcellulose; zinc gluconate; iron gluconate; release agents: monoglycerides and diglycerides of edible fatty acids; nicotine amide; coating agent: hydroxypropyl methylcellulose; release agent: magnesium salts of edible fatty acids; D-alpha tocopheryl acetate; coating agent: hydroxypropyl methylcellulose; manganese gluconate; copper gluconate; calcium-D pantothenate; release agent: silicon dioxide; coating agent: talc; vegetable oil (coconut, palm kernel); pyridoxine hydrochloride; thiamine mononitrate; riboflavin; retinyl acetate; chromium(III) chloride; pteroylmonoglutamic acid; D-biotin; potassium iodide; sodium selenate; sodium molybdate; phyloquinone; cholecalciferol; cyanocobalamin; colours: titanium dioxide, iron oxides and iron hydroxides.



Information concerning nutrients and substances with a specific nutritional effect

nutrients	per recommended dose (1 capsule/day)	% of the reference quantity*
Vitamin C	100 mg	125 %
Niacin	18 mg NE	113 %
Vitamin E	10 mg α -TE	83 %
Pantothenic acid	6 mg	100 %
Vitamin B ₆	2 mg	143 %
Vitamin B ₂	1,6 mg	114 %
Vitamin B ₁	1,4 mg	127 %
Vitamin A	800 μ g RE	100 %
Folic acid	200 μ g	100 %
Biotin	150 μ g	300 %
Vitamin K ₁	30 μ g	40 %
Vitamin D ₃	5 μ g	100 %
Vitamin B ₁₂	1 μ g	40 %
Calcium	160 mg	20 %
Magnesium	100 mg	27 %
Kalium	50 mg	3 %
Zinc	5 mg	50 %
Iron	4 mg	29 %
Manganese	1 mg	50 %
Copper	1000 μ g	100 %
Jodine	100 μ g	67 %
Chromium	60 μ g	150 %
Selenium	30 μ g	55 %
Molybdenum	25 μ g	50 %

* Reference quantity pursuant to directive 1169/2011 (EU)

Dietary supplement

Recommended dosage

One capsule to be taken with plenty of liquid, once a day.

Note

- Do not exceed the recommended daily dose.

- Dietary supplements should not be used as a substitute for a balanced and varied diet. Make sure you adopt a healthy lifestyle.
- Do not store the product within the reach of small children.

