



Vitamins A-Z

<i>Article no.:</i>	7715
<i>Package size:</i>	60 capsules
<i>Portion size:</i>	1 capsule
<i>Portions per package:</i>	60
<i>Capsule cover:</i>	Plant cellulose
<i>Made in:</i>	Austria

Our body needs a large number of vitamins and trace elements, in order to be able to perform and remain alive long-term. Under the usual circumstances of life, we cannot obtain this large number of nutrients from normal nutrition. Therefore it is important to additionally make a balanced mixture of the most important vitamins and vital substances available to the body.

The Contents and their Effects:

Vitamin A promotes energy metabolism, vision and the immune system. The vitamins of the B complex support the energy metabolism, maintain the function of the nervous system and promote psychological balance. Vitamin C is required for numerous metabolic functions. It promotes all functions of the immune system (especially during and after intense physical activity). In addition, Vitamin C is a very important antioxidant that binds free oxygen radicals within the organism.

Vitamins D and K contribute to the strengthening of the bones; Vitamin D also supports the function of the muscles and promotes the health of the teeth. Vitamin E supports the cells in protecting themselves from oxidative stress. Folic acid promotes cell division, contributes to psychological balance and helps with the reduction of tiredness and fatigue.

Calcium supports energy metabolism and the functioning of the muscles. It also promotes the functioning of the digestive enzymes and keeps bones and teeth healthy.



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Magnesium supports the electrolyte balance, the functioning of the muscles and protein synthesis.

Chrome contributes to maintaining a balanced blood sugar level.

Iron promotes the cognitive functions and supports the transport of oxygen in the body.

Copper supports the connective tissue and balances the blood pressure.

Manganese helps to protect the cells from oxidative stress and promotes the formation of connective tissue.

Calium balances out the blood pressure and promotes the nervous system.

Zinc is an absolute "all-rounder": It contributes to a healthy acid-alkali metabolism as well as to a balanced carbohydrates and fatty acids metabolism. It promotes the growth of bones, hair, skin and nails. Zinc also helps with maintaining vision and it strengthens the immune system.

Ingredients:

Calcium carbonate, Magnesium oxide, Ascorbinic acid (Vitamin C), Zinc gluconate dihydrate, Iron (II) gluconate, D alpha tocopherylacetate, Vitamin K2, Niacinamide, Manganese (II) gluconate dihydrate, sodium Selenite, Calcium-D-pantothenate, Chromium (III) chloride, Copper (II) citrate pentahydrate, sodium Molybdate, Cholecalciferol, Pyridoxine hydrochloride, Riboflavin, Thiamine mononitrate, Cyanocobalamin, beta Carotene, Folic acid, sodium Iodide, D-Biotin; capsule cover: modified cellulose; filling agent: cellulose.

Recommended intake:

Take 1 capsule twice a day with some liquid.

