

VITASPEY

vitamins and minerals
capsules x 30

PATIENT INFORMATION LEAFLET

Composition:

Each capsule contains: 1,03 mg Vitamin A; 60 mg Vitamin C; 7,5 µg Vitamin D3; 15 mg Vitamin E; 1,2 mg Vitamin B1; 1,3 mg Vitamin B2; 1,5 mg Vitamin B6; 2,4 µg Vitamin B12; 400 µg Folic Acid; 5 mg Calcium pantothenate; 15 mg Vitamin B3; 45 µg Vitamin K1; 100 mg Magnesium; 15 mg Iron; 11 mg Zinc; 0,9 mg Copper; 30 µg Selenium; 2,3 mg Manganese; 25 µg Chromium; 20 µg Molybdenum.

Composition	1 capsule	*(%) RDA
Vitamin A	1,03 mg	129
Vitamin C	60 mg	75
Vitamin D3	7,5 µg	150
Vitamin E	15 mg	125
Vitamin B1	1,2 mg	109
Vitamin B2	1,3 mg	93
Vitamin B6	1,5 mg	107
Vitamin B12	2,4 µg	96
Folic Acid	400 µg	200
Calcium pantothenate	5 mg	76
Vitamin B3	15 mg	94
Vitamin K1	45 µg	60
Magnesium	100 mg	27
Iron	15 mg	107
Zinc	11 mg	110
Copper	0,9 mg	90
Selenium	30 µg	55
Manganese	2,3 mg	115
Chromium	25 µg	63
Molybdenum	20 µg	40

* Recommended Daily Allowance

Characteristics:

VITASPEY vitamins and minerals capsules contain combination of vitamins and minerals that can be used as a food supplement when the body requirements for vitamins and minerals are increased, or they can not be taken in a sufficient amount from the food.

The vitamins are substances with high biological value that regulate a lot of biochemical processes in the body. The vitamins of B group (as thiamin, riboflavine, pyridoxine, pantothenic acid and nicotinamide) take part in the metabolism of carbohydrates, proteins and fats, as well as are essential for the regular functioning of the nervous system. Vitamin A is necessary for the processes of epithelium restoration and the synthesis of the eye pigment. Vitamin D is essential for the regulation of the calcium metabolism and is actively engaged in regular mineral intake processes of the bones and teeth construction. Vitamin C is included in processes of the iron absorption and is playing a major role in many oxidation-reduction processes in the body. Vitamin E is an antioxidant that protects the cell membrane and keeps its functional capabilities.

Minerals and oligoelements are very important for the body. They are parts of the connective tissue, as well as the activators and components of the enzymes and hormones. Iron and copper, together with the vitamins of B group are involved in processes of erythrocytes synthesis. Magnesium, mangan, zinc and molibden are parts of some enzymes and are included in a numerous important body reactions. The selenium in this complex shows beneficial effects on the cardiovascular, respiratory, hepatic and vision problems, and also improves the overall resistance of the body to illness. It has beneficial effects on potency, fertility and pregnancy. It also reduces the risk of malignant diseases development.

Capsules can be used while the body activities are increased (active or relaxation sporting), or in cases when the required amounts of vitamins and minerals can not be taken from the food (adults, cigarette smokers, alcoholics). Capsules can be also used when the normal food intake is inadequate, not regular or the nutrition is not heterogeneous (diets, non cooked food, etc), in order to improve growth, appetite, etc. Multivitamins and minerals combination can also be used after different diseases or pathological disturbances when the body requirements of such substances are increased, or for the situation when they are lost from the body (vomiting, diarrhea, menstrual bleeding, huge sweating).

Administration:

Adults (including children over 14 years of age): 1 capsule per day.

Capsules can also be used during pregnancy and nursing.

The recommended daily dosage should not be exceeded. The dosage may be increased according to physician recommendation, only.

Do not use if hypersensitive to any of the ingredients. Discontinue VITASPEY vitamins and minerals capsules if symptoms of hypersensitivity occur.

Not to be used as a substitute to diverse nutrition.

Shelf-life:

Printed on the package.

Should not be used beyond expiration date!

Storage:

Store below 25 °C in original package.

Keep out of reach of children!

Packing:

30 capsules (in blister pack) and internal leaflet in a carton box.