

## Plusssz 100% Multivitamin + Potassium

Dietary supplement.

Effervescent tablets, raspberry-blackberry flavour.

Contains sweeteners.

Spending time on bike, running or walking we naturally strengthen our body.  
But physical exercise makes our body lose precious electrolytes.

Potassium helps in proper functioning of muscles and nervous system, helps in keeping proper blood pressure.

Vitamins B6 and B12 contributes to decrease of feeling of fatigue and exhaustion.

Vitamin C helps in proper functioning of immunity system.

Thiamine contributes to upkeep of proper energetic metabolism.

Vitamin E supports protection of cells against oxidative stress.

Varied diet and healthy lifestyle are important to stay healthy.



### Content:

**Ingredients:** acidity regulator: citric acid; potassium bicarbonate; acidity regulator: sodium carbonates; bulking agent: sorbitols; vitamins (L-ascorbic acid, nicotinamide, DL-alpha-tocopheryl acetate, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin); beetroot powder concentrate; flavourings; anti-caking agents: polyvinylpyrrolidone, polyethylene glycol; sweeteners: cyclamates, saccharins; hibiscus tea powder extract; colour: anthocyanins; forest fruit juice powder - 0.1%; coenzyme Q10.

| Content of vitamins, mineral ingredients and other active ingredients in a recommended daily intake – 1 tablet (% of NRV): |        |      |
|--|--------|------|
| potassium  | 300 mg | 15%  |
| vitamin C  | 80 mg  | 100% |
| niacin   | 16 mg  | 100% |
| vitamin E  | 12 mg  | 100% |
| pantothenic acid   | 6 mg   | 100% |
| vitamin B6   | 1,4 mg | 100% |
| riboflavin   | 1,4 mg | 100% |
| thiamine   | 1,1 mg | 100% |
| folic acid   | 200 µg | 100% |
| biotin   | 50 µg  | 100% |

|              |        |      |
|--------------|--------|------|
| vitamin B12  | 2,5 µg | 100% |
| coenzyme Q10 | 400 µg | n/a  |

\*NRV - DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

n/a- not applicable

Product may contain **lactose** (from **milk**).

## How to use:

Dissolve one tablet in a glass (200 ml) of cold water.

**Recommended daily intake:** 1 tablet a day.

Do not exceed the recommended daily intake of the product.

Dietary supplement cannot be used as a substitute of a varied diet.

## Packing:

- 20 effervescent tablets, raspberry-blackberry flavour. Net weight: 86 g (20 tablets ± 4,3 g)