



Polski Lek®

Plusssz 100% Cramp Complex

Dietary supplement.

Effervescent tablets, orange-grapefruit flavour.

Contains sweeteners.

Plusssz 100% Cramp Complex contains 187,5 mg magnesium, 300 mg of potassium and vitamins B6, B12, niacin, thiamine and biotin in such quantities which ensure 100% of NRV.



Plusssz 100% Cramp Complex is recommended:

- for people drinking coffee and strong tea
- In increased physical and mental exercise
- For people feeling fatigue and exhaustion
- In diet poor in sources of magnesium

Magnesium contributes to decrease of feeling of fatigue and exhaustion, helps in upkeep of electrolyte balance and proper functioning of muscles. It contributes to upkeep of proper energetic metabolism.

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

Niacin, thiamine, vitamins B6 and B12 help in proper functioning of nervous system.

Varied diet and healthy lifestyle are important to stay healthy.

Content:

Ingredients: acidity regulator: citric acid; potassium bicarbonate; magnesium carbonate; bulking agent: sorbitols; acidity regulator: sodium carbonates; flavourings; vitamins (nicotinic acid amide, pyridoxine hydrochloride, thiamine mononitrate, D-biotin, cyanocobalamin); anti-caking agents: polyvinylpyrrolidone, polyethylene glycol; beetroot juice concentrate powder; color: carotenes; sweeteners: cyclamates, saccharins; orange juice powder - 0.1%; coenzyme Q10.

Content of vitamins, mineral ingredients and other active ingredients in a recommended daily intake – 1 tablet (% of NRV):

| | | |
|--------------|----------|------|
| magnesium | 187,5 mg | 50% |
| potassium | 300 mg | 15% |
| Thiamine | 1,1 mg | 100% |
| Niacin | 16 mg | 100% |
| Vitamin B6 | 1,4 mg | 100% |
| Vitamin B12 | 2,5 µg | 100% |
| biotin | 50 µg | 100% |
| coenzyme Q10 | 400 µg | - |

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

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, orange-grapefruit flavour. Net weight: 86 g (20 tablets \square 4,3 g)