

Plussz 100 % Multivitamin + Iron

Dietary supplement.

Effervescent tablets, cherry-orange flavour.

Contains sweeteners.

Plussz 100% Multivitamin + Iron is a complex of the 10 most important vitamins providing 100% of the daily Reference Intake for adults in 1 tablet. In addition, it contains iron which helps in the proper production of red blood cells and hemoglobin. Plussz 100% Multivitamin + Iron contains powdered fruit juice and no added sugar.

Iron contributes to the maintenance of normal energy metabolism.

Vitamin C helps in the proper functioning of the immune system.

Vitamin E helps protect cells against oxidative stress.

Thiamin and Biotin help in the proper functioning of the nervous system.

Folic acid and niacin help maintain normal psychological function.

Pantothenic acid contributes to the maintenance of proper energy metabolism.

Vitamin B6, B12, and Riboflavin helps reduce tiredness and fatigue



Varied diet and healthy lifestyle are important in maintaining physical health and well-being.

Content:

Ingredients: acidity regulators: citric acid, sodium carbonates; bulking agent: sorbitols; maize starch; maltodextrin; vitamins (L-ascorbic acid, niacinamide, DL-alpha-tocopheryl acetate, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin); beetroot powder; ferrous gluconate; flavours; sweeteners: cyclamates, saccharins; anti-caking agents: polyvinylpyrrolidone, polyethylene glycol; carrot and hibiscus concentrate; coenzyme Q10.

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

<i>iron</i>	<i>4,6 mg</i>	<i>32,9%</i>
<i>vitamin C</i>	<i>80 mg</i>	<i>100%</i>
<i>niacin</i>	<i>16 mg</i>	<i>100%</i>
<i>vitamin E</i>	<i>12 mg</i>	<i>100%</i>
<i>pantothenic acid</i>	<i>6 mg</i>	<i>100%</i>
<i>vitamin B6</i>	<i>1,4 mg</i>	<i>100%</i>
<i>riboflavin</i>	<i>1,4 mg</i>	<i>100%</i>
<i>thiamine</i>	<i>1,1 mg</i>	<i>100%</i>

<i>folic acid</i>	<i>200 µg</i>	<i>100%</i>
<i>biotin</i>	<i>50 µg</i>	<i>100%</i>
<i>vitamin B12</i>	<i>2,5 µg</i>	<i>100%</i>
<i>coenzyme Q10</i>	<i>400 µg</i>	<i>n/a</i>

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 should not be used as a substitute for a balanced and varied diet.

Packing:

- 20 effervescent tablets, cherry-orange flavour. Net weight: 86 g (20 tablets □ 4,3 g)