

## Plussz 100% Multivitamin + Minerals

Dietary supplement.

Effervescent tablets, mango-orange flavour.

Contains sweeteners.

Plussz 100% Multivitamin + Minerals is a specialist preparation containing minerals vital for body and complex of 10 most important vitamins in daily intake (% of NRV).



Magnesium and copper help in proper functioning of nervous system.

Selenium, zinc and vitamin C help in proper functioning of immunity system.

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

Vitamin C helps in proper production of collagen to ensure proper functions of: blood vessels, bones, teeth, gums, cartilage and skin.

Thiamine contributes to upkeep of proper energetic metabolism.

Vitamin E helps in protection of cells against oxidative stress.

Varied diet and healthy lifestyle are important to stay healthy.

### Content:

**Ingredients:** acidity regulators: citric acid, sodium carbonates; calcium carbonate; bulking agent: sorbitols; magnesium carbonate; vitamins (L-ascorbic acid, nicotinamide, DL-alpha-tocopheryl acetate, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin); flavourings; beetroot powder concentrate; anti-caking agents: polyethylene glycol, polyvinylpyrrolidone; sweeteners: cyclamates, saccharins; colour: riboflavin; coenzyme Q10; orange juice powder - 0.1%; mango juice powder - 0.1%; zinc oxide; sodium selenite (IV); copper (II) sulfate.

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

magnesium	56,25 mg	15%
calcium	120 mg	15%
zinc	1,5 mg	15%
selenium	8,25 µg	15%
copper	0,15 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 daily.

Do not exceed the recommended daily intake of the product.

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

## Packing:

- 24 effervescent tablets, mango-orange flavour. Net weight: 103,2 g (24 tablets □ 4,3 g)