

Vitahelp Liquid Vitamin E 30 ml

EAN: 8470002008410 FABRICANTE: MARNYS



Liquid Vitamin E VITAHHELP Line. Natural antioxidant protection. Suitable from 4 years old. Suitable for vegans.

DESCRIPTION

The **Liquid Vitamin E** from the **MARNYS VITAHHELP Line** is of high certified quality, which also allows the rapid release of the active ingredient and its absorption in the body.

Suitable from 4 years. Suitable for vegans.

Liquid Vitamin E from the **MARNYS VITAHHELP Line** is formulated with D-?-tocopherol, the natural and most active source of vitamin E. The contribution is 12 mg equivalent to 18 IU of vitamin E.

What is vitamin E for?

Natural vitamin E

Vitamin E contributes to the protection of cells from oxidative damage (EFSA).

Oxidative damage exerted on cell membranes destabilizes the phospholipid layer that surrounds the cell, producing alterations that affect cellular well-being and the tissues that contain them.

Who is Liquid Vitamin E recommended for?

Liquid Vitamin E from the **VITAHHELP Line** is especially recommended for people (**from 4 years old**) **who** want to protect the body's cells against **oxidative damage** , which can promote comprehensive organic well-being.

Advantages of Liquid Vitamin E

- Suitable for **vegans** and **vegetarians**.

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<https://bio-farma.es/buy/ff/marnys/vitahelp-liquid-vitamin-e-30-ml>



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- **Suitable for children** (from 4 years old), teenagers and adults.
- Suitable for **pregnancy and lactation**.
- Convenient **liquid format** in a bottle with drip system (pipette).
- Easy to take, **once a day**.
- 30 ml bottle for a duration of 30 days in adults and 45 days in children.
- The formulation vehicle for **Liquid vitamin E** of the **VITAHHELP Line** is Virgin Olive Oil, which provides less susceptibility to oxidation, conferring **high stability** and **facilitating absorption**.

What is the method of use of liquid Vitamin E?

Take 0.5 ml, once a day, preferably in the morning. The dropper has the measurements printed on it.

Place the dose from the dropper, according to age, in a spoon to ingest it directly.

The doses by age and condition are as follows:

- **Children 4 to 9 years:** 0.3 ml per day (8 drops).
- **Over 10 years and adults:** 0.5 ml per day (14 drops).

During pregnancy and lactation: 0.5 ml per day (14 drops).

What are the ingredients of Marnys Liquid Vitamin E?

Vitamin E in a base of extra virgin olive oil.

What is the advantage of Vitamin E being liquid?

The liquid format promotes better and faster absorption of vitamin E in the body.



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How do you take this Liquid Vitamin E?

This **Liquid Vitamin E** is taken directly without mixing with another liquid.

What does Liquid Vitamin E taste like?

This **Liquid Vitamin E** is flavorless.

Can I use Vitamin E cosmetically?

Liquid Vitamin E from the **VITAHELP Line is exclusively for oral use**. As we mentioned, vitamin E has properties in protecting against cellular oxidative damage, which is why its intake as a nutricosmetic (see 'instructions for use' above) can help maintain the skin from the inside out. For more information, consult your doctor.

Is this Liquid vitamin E suitable for vegans and vegetarians?

Yes, this **Liquid Vitamin E** is suitable for vegans and vegetarians since its source is of plant origin.

Can children and adolescents take Vitamin E?

Yes, this **Liquid Vitamin E** is suitable for children (from 4 years old) and adolescents.

Is this Liquid Vitamin E suitable for pregnant or breastfeeding women?

Yes, **Liquid Vitamin E** is suitable for pregnant and breastfeeding women.

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Is this Liquid Vitamin E suitable for people who are intolerant or sensitive to gluten?

Liquid Vitamin E does not contain gluten, so it is suitable for celiacs or people intolerant or sensitive to gluten.

Is this Liquid Vitamin E suitable for people sensitive to soy?

Liquid Vitamin E does not contain soy, so it is suitable for people sensitive to soy.

Can I take this Liquid Vitamin E together with other food supplements, vitamins or minerals?

Yes, this **Liquid Vitamin E** can be taken at the same time as other food supplements, vitamins and minerals.

How long should you take Vitamin E?

The general recommendation is to take **Liquid Vitamin E** for a quarter and evaluate the results, and then continue intake if necessary.

