

## Orthomol Cardio 30 Servings

EAN: 8470001783981 FABRICANTE: ORTHOMOL



*Food supplement with micronutrients important for normal heart function.*

### DESCRIPTION

#### What is Orthomol cardio and what is it for?

Orthomol cardio is a food supplement with micronutrients important for the normal function of the **heart muscle**, as well as for **normal energy performance** and homocysteine metabolism.

- Omega 3 fatty acids, DHA and EPA, as well as vitamin B<sub>1</sub> (Thiamin) contribute to **normal heart function**. The positive effect is established with a daily intake of 250 mg of EPA and DHA
- Vitamin B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, B<sub>12</sub>, pantothenic acid, niacin, vitamin C, biotin, magnesium, iodine, copper and magnesium contribute to **normal energy metabolism**
- In addition, magnesium contributes to the normal function of muscles, including the heart muscle. Vitamin B<sub>6</sub>, B<sub>12</sub> and folic acid contribute to the **normal metabolism of homocysteine**.

#### What is the composition of Orthomol cardio?

Composition

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241121  
<https://bio-farma.es/buy/f/orthomol/orthomol-cardio-30-servings>



## Orthomol Cardio 30 Servings

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Vitamina A, que incluye de beta-caroteno	1417 µg ER°	177
Vitamina D	667 µg ER°	300
Vitamina E	15 µg (600 UI°°)	1250
Vitamina C	530 mg	663
Vitamina B1 (Tiamina)	4 mg	364
Vitamina B2 (Riboflavina)	5 mg	357
Niacina	50 mg EN*	313
Vitamina B3	5 mg	357
Ácido fólico	400 µg	200
Vitamina B6	9 µg	360
Biotina	150 µg	300
Ácido Pantoténico	18 mg	300
Magnesio	180 mg	48
Zinc	10 mg	100
Cobre	1 mg	100
Manganeso	2 mg	100
Selenio	50 µg	91
Cromo	60 µg	150
Molibdeno	60 µg	120
Yodo	150 µg	100
Extracto de cacao, que incluye Polifenoles de cacao	250 mg	***
Extracto de semillas de uva, que incluye Proantocianidinas oligoméricas (OPC)	50 mg	***
Bioflavonoides cítricos	33 mg	***
Luteína	10 mg	***
Lycopeno	5 mg	***
Coenzima Q10	750 µg	***
L-Carnitina	250 µg	***
Ácidos grasos omega-3, que incluye Ácido Eicosapentaenoico (EPA)	15 mg	***
Ácido Docosahexaenoico (DHA)	200 mg	***
	500 mg	***
	250 mg	***
	166 mg	***

°ER=Equivalentes Unidades Internacionales Equivalentes Alfa-Tocoferol  
 I \*EN= Equivalentes Niacina I \*\* VRN= Valor Referencia Nutrientes  
 \*\*\* Recomendación europea no disponible I \*\*\*U=Unidades Enzimáticas

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### What are the ingredients of Orthomol cardio?

#### Ingredients

Dextrose, maltodextrin, citric acid (acidifier), **fish** oil (4.5%), magnesium carbonate, gelatin (beef), L-ascorbic acid, sucrose, gum arabic (stabilizer), L-carnitine-L-tartrate ( 1.6%), vegetable oils (coconut, **soy** and olive in variable proportions), cocoa seed extract (from Theobroma cacao) (1.4%), glycerol (humectant), DL-alpha tocopherol, aroma, cellulose microcrystalline (thickener), zinc gluconate, sorbitol (humectant), silicon dioxide (anti-caking agent), nicotinamide, mono- and diglycerides of fatty acids (emulsifiers), grape seed extract (Vitis vinifera) (0.2%), **soy** lecithin (emulsifier), calcium D-pantothenate, mixed tocopherols, coenzyme Q10 (0.08%), lecithin (emulsifier), acesulfame K (sweetener), iron oxides (color), cupric gluconate, beta-carotene, pyridoxine hydrochloride, hydroxypropylmethylcellulose (coating agent), manganese sulfate, citrus extract with bioflavonoids (from Citrus sp.), riboflavin, thiamine mononitrate, tocotrienol-tocopherol, lycopene (from Solanum lycopersicum), magnesium salts of fatty acids (anti-caking agent) , retinyl acetate, lutein-enriched extract of Tagetes erecta, pteroylmonoglutamic acid, chromium (III) chloride, potassium iodide, D-biotin, sodium molybdate, sodium selenite, cholecalciferol, cyanocobalamin.



### What is the recommended daily dose of Orthomol cardio?

#### How to use

Take the contents of one sachet (= daily ration) daily dissolved in 150 ? 200 ml of still water or fruit juice together with the tablet and capsules during or after a meal.

### Do I need to take any precautions before taking Orthomol cardio?

#### Warnings

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- Do not take during pregnancy and lactation.
- Contains a separate iodine tablet.
- In glycemc disorders, administer under metabolic controls.

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