

## Orthomol Mental 30 Envelopes

EAN: 8470001932532 FABRICANTE: ORTHOMOL



*Food supplement with important micronutrients for the brain, concentration and memory.*

### DESCRIPTION

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

Orthomol mental contains:

- Pantothenic acid that contributes to normal intellectual performance.
- Omega 3 fatty acids (DHA) that contributes to maintaining normal brain function. The positive effect is established with a daily intake of 250 mg of DHA.
- Vitamin B<sub>1</sub>, B<sub>2</sub>, B<sub>6</sub>, B<sub>12</sub>, biotin, niacin, vitamin C and magnesium contribute to normal nervous system function.
- Zinc contributes to normal cognitive function.

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

Composition



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Vitaminas	Por ración diaria	% VRN**
Vitamina A, que incluye de beta-caroteno	633 µg ER°	79
Vitamina D	333 µg ER°	300
Vitamina E (contiene alfa y gamma-tocoferol)	15 µg (600 UI°°)	583
Vitamina C	70 mg alfa-ET°°°	375
Vitamina B1 (Tiamina)	300 mg	727
Vitamina B2 (Riboflavina)	8 mg	571
Niacina	8 mg	219
Vitamina B6	35 mg EN*	714
Ácido fólico	10 mg	150
Vitamina B12	300 µg	360
Biotina	9 µg	200
Ácido Pantoténico	100 µg	300
18 mg		
Minerales	Por ración diaria	% VRN**
Magnesio	100 mg	27
Zinc	5 mg	50
Selenio	50 µg	91
Otros ingredientes	Por ración diaria	% VRN**
Fosfatidilserina	150 mg	***
Fosfatidilcolina	50 mg	***
Extracto de Ginkgo biloba	100 mg	***
Extracto de té verde	100 mg	***
Extracto de uva, que incluye Proantocianidinas oligoméricas (OPC)	37 mg	***
Bioflavonoides cítricos	10 mg	***
Luteína	5 mg	***
Licopeno	800 µg	***
Coenzima Q	200 µg	***
L-carnitina	5 mg	***
Ácidos grasos omega-3, que incluye:	100 mg	***
Ácido eicosapentaenoico (EPA)	480 mg	***
Ácido docosahexaenoico (DHA)	44 mg	***
	370 mg	***

°ER=Equivalentes Retinol Internacionales | °°=Equivalentes Alfa-Tocoferol Internacionales | °°°=Equivalentes Alfa-Tocoferol Internacionales  
 \*EN= Equivalentes Niacina | \*\* VRN= Valor Referencia Nutrientes  
 \*\*\* Recomendación europea no disponible

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### What are the ingredients of Orthomol mental?

#### Ingredients

Dextrose, maltodextrin, **fish** oil (4.5%), magnesium salts of citric acid, gelatin (bovine), **soybean** oil, L-ascorbic acid, acidifier citric acid, orange fruit powder, **soy** lecithin concentrate with phospholipids (from *Glycine max*) (1.4%), glycerol humectant, gum arabic stabilizer, aroma, L-carnitine-L-tartrate, DL-alpha tocopheryl acetate, green tea extract rich in polyphenols (from *Camellia sinensis*), Ginkgo biloba extract rich in flavonglycosides and ginkgolides, emulsifiers mono- and diglycerides of fatty acids, nicotinamide, grape seed extract rich in polyphenols (from *Vitis vinifera*), zinc gluconate, sweetener acesulfame k, calcium D-pantothenate, mixture of tocopherols, pyridoxine hydrochloride, thiamine mononitrate, riboflavin, citrus extract rich in bioflavonoids (from *Citrus sp.*), coenzyme Q10 (0.03%), iron oxide dyes, beta-carotene, copper complexes of chlorophylls and chlorophyllins dye, antioxidant extract rich in tocopherols, *Tagetes erecta* extract rich in lutein, retinyl acetate, pteroylmonoglutamic acid, emulsifier **soy** lecithin, lycopene (from *Solanum lycopersicum*), sodium selenite, D-biotin, cholecalciferol, cyanocobalamin.



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

#### How to use

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

### Do I have to take into account any warnings before taking Orthomol mental?

#### Warnings



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- Do not take during pregnancy and lactation.
- In glyceimic disorders, administer under metabolic controls.
- In patients treated with Ginkgo and anticoagulants, such as vitamin K antagonists or acetylsalicylic acid, the tendency to bleeding may increase.

