

Orthomol Sport 30 Vials + 2 Tablets

EAN: 8470001603791

FABRICANTE: ORTHOMOL



Food supplement for athletes that helps in performance, resistance and sports recovery.

DESCRIPTION

What is Orthomol® Sport?

Orthomol® Sport is a food supplement. Important micronutrients for sports performance.

Orthomol sport contains the micronutrients necessary to improve **physical performance** when carrying out different **sports activities**, including: calcium, magnesium, group B vitamins, L-carnitine, coenzyme Q10 and Omega-3 fatty acids. All of them help normal **muscle function** and contribute to maintaining a correct metabolism for the athlete.

Orthomol sport is included in the 'Cologne List' which guarantees its safety, since the products listed on its list are continuously examined to control the absence of prohormones and nandrolone.

The minerals magnesium and calcium contribute to normal muscle function. B vitamins and different minerals contribute to normal energy metabolism. Vitamin B6 contributes to normal glycogen and protein metabolism. Zinc contributes to normal carbohydrate metabolism. Vitamin C contributes to the normal functioning of the immune system during and after intense physical exercise. Red blood cells transport oxygen to tissues linked to hemoglobin. Iron, vitamin B12 and vitamin B6 contribute to the normal formation of red blood cells. In addition, iron contributes to the normal formation of hemoglobin and normal oxygen transport. Folic acid contributes to normal hematopoiesis. Vitamin C and vitamin E and the trace elements zinc, selenium and copper contribute to the protection of cells against oxidative damage. Calcium is necessary for the maintenance of bones in normal conditions. Vitamin D contributes to the maintenance of bones in normal conditions. Magnesium contributes to electrolyte balance. With L-Carnitine, coenzyme Q10 and omega-3 fatty acids.

How to use

Take the contents of one drinkable vial daily along with the tablet and capsule during or after a meal. Shake well before use. It is generally recommended to take the product shortly before or after physical activity. Micronutrients are needed daily; Regular use is recommended.

What is the composition of Orthomol Sport?

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<https://bio-farma.es/buy/ff/orthomol/orthomol-sport-30-vials-2-tablets>





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Vitaminas	Por ración diaria	% VRN**
Vitamina A, que incluye de beta-caroteno	1.083 µg ER°	135
Vitamina D	333 µg ER°	
Vitamina E	15 µg (600 UI°°)	300
Vitamina K	36 mg alfa-ET	300
Vitamina C	60 µg	80
Vitamina B1 (Tiamina)	300 mg	375
Vitamina B2 (Riboflavina)	3 mg	273
Niacina	3,5 mg	250
Vitamina B3	35 mg EN*	219
Vitamina B5	5 mg	357
Ácido fólico	500 µg	250
Vitamina B6	9 µg	360
Biotina	150 µg	300
Ácido Pantoténico	18 mg	300
Minerales	Por ración diaria	% VRN**
Calcio	200 mg	25
Magnesio	150 mg	40
Hierro	5 mg	36
Zinc	5 mg	50
Cobre	1 mg	100
Selenio	30 µg	55
Cromo	30 µg	75
Molibdeno	50 µg	100
Yodo	100 µg	67
Otras sustancias	Por ración diaria	% VRN**
Bioflavonoides cítricos	5 mg	***
Luteína	800 µg	***
Licopeno	200 µg	***
L-Carnitina	300 mg	***
Coenzima Q10	15 mg	***
Ácidos grasos omega-3, que incluye:	150 mg	***
Ácido eicosapentaenoico (EPA)	80 mg	***
Ácido docosahexaenoico (DHA)	50 mg	***

°ER=Equivalentes de Referencia Internacionales Equivalentes Alfa-Tc
 I *EN= Equivalentes Niacina I ** VRN= Valor Referencia Nutrientes
 *** Recomendación europea no disponible

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What are the ingredients of Orthomol Sport?

Water, concentrated orange juice with bioflavonoids, glycerol stabilizer, fructose, magnesium glycerophosphate, acidifier L-lactic acid, calcium carbonate, **fish** oil (1.9%), L-ascorbic acid, potassium lactate, L-Carnitine (1.2%), gelatin (beef), maltodextrin, filler microcrystalline cellulose, DL-alpha tocopheryl acetate, corn starch, filler sorbitol, nicotinamide, zinc gluconate, preservative potassium sorbate, antioxidant DL-alpha-tocopheryl, calcium D-pantothenate, ferrous fumarate, coenzyme Q10 (0.06%), coating agent hydroxypropylmethylcellulose, anti-caking agent calcium salts of fatty acids, sweetener sodium cyclamate, sweetener acesulfame K, anti-caking agent talc, pyridoxine hydrochloride, coating agent hydroxypropylmethylcellulose, anti-caking agent silicon dioxide, thiamine hydrochloride, aroma, riboflavin, cupric sulfate, beta-carotene, color iron oxides, sweetener sodium saccharin, lactate stabilizer, retinyl acetate, Tagetes erecta extract with lutein, pteroylmonoglutamic acid, lycopene, D-biotin, chromium (III) chloride, potassium iodide, sodium molybdate, sodium selenite, phylloquinone, cholecalciferol, cyanocobalamin.

Important observations

? Orthomol® Sport contains iodine. If you suffer from thyroid dysfunction, please consult your doctor before taking this product.

? In case of glucose tolerance disorders, take Orthomol® Sport with careful metabolic controls (5.8 g of carbohydrates per daily serving).

? Do not exceed the recommended daily dose.

? Food supplements should not be used as substitutes for a balanced and varied diet and a healthy lifestyle.

? Keep out of the reach of little kids.

Other useful information

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? Orthomol® Sport is free of lactose and gluten.

? Due to the content of riboflavin (vitamin B2), urine may appear yellow.

? The product contains beta-carotene (provitamin A) which has a strong coloring effect. Some stains, for example on clothing, are difficult to remove.

? In isolated cases, slight belching may occur due to the fish oil content (omega-3 fatty acids) in the capsules.

? The gelatin included in this product is of bovine origin and complies with Halal guidelines. Storage Store Orthomol® Sport in a cool, dry place protected from light.

Available forms of administration

? Drinkable vials with tablet and capsule.

