

## Orthomol Vital F Drinkable 30 Vials

EAN: 8470001587152    FABRICANTE: ORTHOMOL



*Orthomol vital F is a vitamin and mineral supplement that helps combat tiredness and fatigue in women's daily lives.*

### DESCRIPTION

#### What is Orthomol® Vital f?

Orthomol® Vital f is a food supplement. Important micronutrients for the nervous system and energy metabolism. Vitamin C, riboflavin (vitamin B2), vitamin B6, vitamin B12, folic acid, niacin, pantothenic acid and magnesium help reduce tiredness and fatigue. Thiamin (vitamin B1), riboflavin (vitamin B2), vitamin B6, vitamin B12, pantothenic acid, niacin, vitamin C, biotin, magnesium, calcium, iodine, manganese and copper They contribute to normal energy metabolism. Thiamin (vitamin B1), riboflavin (vitamin B2), vitamin B6, vitamin B12, vitamin C, niacin, biotin, magnesium, copper and iodine contribute to the normal function of the nervous system. Vitamin C, vitamin E, riboflavin (vitamin B2), zinc, selenium, copper and manganese contribute to the protection of cells against oxidative damage. The omega-3 fatty acids EPA and DHA contribute to normal heart function. The positive effect is established with a daily intake of 250 mg of EPA and DHA. Calcium is necessary for the maintenance of teeth and bones in normal conditions.

#### How to use

Take the contents of one drinkable vial daily along with the capsule during or after a meal. Shake well before use. Micronutrients are necessary every day; Regular use is recommended.

#### What is the composition of Orthomol Vital F?



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Vitaminas	Por ración diaria	% VRN**
Vitamina A, que incluye de beta-caroteno	1.117 µg ER° 667 µg ER°	140
Vitamina D	15 µg (600 UI°°)	300
Vitamina E (contiene alfa y gamma-tocoferol)	150 mg alfa-ET°°°	1.250
Vitamina K	60 µg	80
Vitamina C	530 mg	663
Vitamina B1 (Tiamina)	25 mg	2.273
Vitamina B2 (Riboflavina)	25 mg	1.786
Niacina	60 mg EN*	375
Vitamina B6	20 mg	1.429
Ácido fólico	400 µg	200
Vitamina B12	6 µg	240
Biotina	165 µg	330
Ácido Pantoténico	18 mg	300
Minerales	Por ración diaria	% VRN**
Calcio	160 mg	20
Magnesio	150 mg	40
Hierro	8 mg	57
Zinc	10 mg	100
Cobre	0,5 mg	50
Manganeso	2 mg	100
Selenio	50 µg	91
Cromo	30 µg	75
Molibdeno	60 µg	120
Yodo	150 µg	100
Otras sustancias	Por ración diaria	% VRN**
Bioflavonoides cítricos	5 mg	***
Luteína	800 µg	***
Licopeno	200 µg	***
Ácidos grasos omega-3, que incluye:	300 mg	***
Ácido eicosapentaenoico (EPA)	150 mg	***
Ácido docosahexaenoico (DHA)	100 mg	***

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

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### What are the ingredients of Orthomol Vital F?

**Drinkable vial:** Water, concentrated orange juice with bioflavonoids, glycerol (humectant), modified starch ( **wheat** ), calcium lactate, lactic acid (acidifier), L-ascorbic acid, **fish** oil (2.1%), juice passion fruit concentrate, magnesium carbonate, DL-alpha tocopheryl acetate, sodium L-ascorbate, gelatin (beef), ferric pyrophosphate, magnesium oxide, nicotinamide, thiamine hydrochloride, potassium sorbate (preservative), calcium D-pantothenate, maltodextrin, riboflavin, silicon dioxide (anti-caking agent), pyridoxine hydrochloride, zinc chloride, mixed tocopherols, sodium cyclamate (sweetener), acesulfame K (sweetener), flavor, manganese sulfate, sucralose (sweetener), beta-carotene, oxides iron (dye), sodium saccharin (sweetener), cupric sulfate, retinyl palmitate, extracts rich in tocopherol (antioxidant), *Tagetes erecta* extract with lutein, pteroylmonoglutamic acid, lycopene, potassium iodide, D-biotin, sodium chloride chromium (III), sodium molybdate, sodium selenate, phylloquinone, cholecalciferol, cyanocobalamin.

### Important observations

? Orthomol® Vital f contains iodine. If you suffer from thyroid dysfunction, consult your doctor before taking Orthomol® Vital f. Alternatively you can take Orthomol® Vital f in the form of granules, tablets and capsules that include the iodine tablet separately.

? In case of glucose tolerance disorders, use only under careful metabolic control (4.4 g of carbohydrates per daily serving).

? Do not exceed the recommended daily dose.

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

? Keep out of the reach of little kids.

? Orthomol® Vital f contains 165 µg of biotin per daily serving. If you are having a laboratory test (immunoassay), please tell your doctor and/or the laboratory staff that you take Orthomol® Vital f, as biotin may affect the results of this test.



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### Other useful information

? Orthomol® Vital f in the form of administration of drinkable vials is gluten-free in accordance with EU Regulation No. 828/2014. It is also lactose free.

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

? The product contains beta-carotene 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® Vital f in a cool, dry place protected from light.

