

## Orthomol Vital F Granules 30 Envelopes

EAN: 8470001587183

FABRICANTE: ORTHOMOL



*Food supplement with micronutrients that contribute to reducing tiredness and fatigue in women.*

### 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

Dissolve the contents of one sachet daily in 200 ml of still water and take together with the iodine tablet and capsule during or after a meal. 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°	140
Vitamina D	667 µg ER°	300
Vitamina E (contiene alfa y gamma-tocoferol)	15 µg (600 UI°°)	1.250
Vitamina K	150 mg alfa-ET°°°	80
Vitamina C	60 µg	663
Vitamina B1 (Tiamina)	530 mg	2.273
Vitamina B2 (Riboflavina)	25 mg	1.786
Niacina	25 mg	375
Vitamina B6	60 mg EN*	1.429
Ácido fólico	20 mg	200
Vitamina B12	400 µg	240
Biotina	6 µg	330
Ácido Pantoténico	165 µg	300
18 mg		
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 Retinoides 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?

Granules: Dextrose, maltodextrin, sucrose, calcium lactate, citric acid (acidifier), calcium gluconate, magnesium citrate, **fish** oil (3.1%), L-ascorbate, sodium, DL-alpha tocopheryl acetate, carbonate magnesium, gum arabic (stabilizer), L-ascorbic acid, gelatin (beef), microcrystalline cellulose (thickener), zinc gluconate, ferrous gluconate, flavor, glycerol (humectant), nicotinamide, calcium carbonate, thiamine mononitrate, riboflavin, pyridoxine hydrochloride, calcium D-pantothenate, mixed tocopherols, acesulfame K (sweetener), citrus extract with bioflavonoids ( *from Citrus sp.* ), hydroxypropylmethylcellulose (glazing agent), manganese sulfate, sucralose (sweetener), tocopherol-rich extracts (antioxidant), beta-carotene, magnesium salts of fatty acids (anti-caking agent), cupric sulfate, *Tagetes erecta* extract with lutein, retinyl acetate, pteroylmonoglutamic acid, potassium iodide, soy lecithin (emulsifier), lycopene (*Solanum lycopersicum*), D-biotin, chromium (III) chloride, sodium molybdate, sodium selenite, phylloquinone, cholecalciferol, cyanocobalamin.

### Important observations

? This product contains a separate iodine tablet. If you suffer from thyroid disease, please consult your doctor before administration.

? In case of glucose tolerance disorders, use only under careful metabolic control (11 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 its administration form as granules is free of lactose and gluten.

? 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.

