

Orthomol Vital M Granules 15 Envelopes

EAN: 8470001587190

FABRICANTE: ORTHOMOL



Orthomol vital m contains a specific combination of micronutrients that help reduce tiredness and fatigue,

DESCRIPTION

What is Orthomol Vital M and what is it for?

Food supplement with important micronutrients for the **nervous system** and **energy metabolism**.

Orthomol vital m contains a specific combination of micronutrients that help **reduce tiredness** and **fatigue**, designed for men, such as: vitamin C, vitamin B₂, vitamin B₆, vitamin B₁₂, folic acid, iodine, manganese, niacin and biotin, among others, which contribute to the **reduction of tiredness** and **fatigue** and the protection of **oxidative stress**.

In pathologies such as **chronic fatigue**, **burnout syndrome** and diseases caused by stress, **metabolic syndrome** requires an adequate supply of micronutrients.

Orthomol® Vital m 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, iodine, manganese and copper contribute to metabolism normal energy. 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.

How to use

Dissolve the contents of one sachet daily in 150 - 200 ml of still water and take together with the iodine tablet and capsules during or after a meal. Micronutrients are necessary every day; Regular use is recommended.

Important observations

? Orthomol® Vital m in its administration form as granules is free of lactose and gluten.



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? 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 (12 g of carbohydrates per daily serving). ? The gelatin included in this product is of bovine origin and complies with Halal guidelines.

? Orthomol® Vital m contains 165 ?g 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 m, as biotin may affect the results of this test.

? 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.

Other useful information

? Orthomol® Vital m in its form of administration 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





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Store Orthomol® Vital m in a cool, dry place.

Warnings


- Do not take during pregnancy and lactation.
- Contains iodine. The presentation in drinkable vials contains a separate iodine tablet.
- It contains 165 µg of biotin per daily serving, which could affect the results of analyzes (immunoassays).
- In glycemc disorders, administer under metabolic controls.

What is the composition of Orthomol Vital M?

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<https://bio-farma.es/buy/f/orthomol/orthomol-vital-m-granules-15-envelopes>

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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**
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:	600 mg	***
Ácido eicosapentaenoico (EPA)	300 mg	***
Ácido docosahexaenoico (DHA)	200 mg	***

°ER=Equivalentes Retinol | °°UI= Unidades Internacionales | °°°alfa-ET= Equivalentes Alfa-T
 | *EN= Equivalentes Niacina | ** VRN= Valor Referencia Nutrientes
 *** Recomendación europea no disponible

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What is the composition of Orthomol Vital M?

Granules: Dextrose, maltodextrin, sucrose, **fish** oil (6.0%), citric acid (acidifier), magnesium citrate, sodium L-ascorbate, gelatin (beef), DL-alpha tocopheryl acetate, magnesium carbonate, gum arabic (stabilizer), L-ascorbic acid, glycerol (humectant), microcrystalline cellulose (thickener), zinc gluconate, ferrous gluconate, flavor, nicotinamide, thiamine mononitrate, riboflavin, pyridoxine hydrochloride, calcium D-pantothenate, mixed tocopherols, acesulfame K (sweetener), citrus extract with bioflavonoids (from *Citrus sp.*), tocopherol-rich extracts (antioxidant), hydroxypropylmethylcellulose (coating agent), manganese sulfate, sucralose (sweetener), beta-carotene, magnesium salts 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 selenate, phylloquinone, cholecalciferol, cyanocobalamin.

