

Orthomol Vital M Granules 30 Envelopes

EAN: 8470001587206 FABRICANTE: ORTHOMOL



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

DESCRIPTION

What is Orthomol Vital M and what is it for?

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.

What is the composition of Orthomol Vital M?



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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-1
 | *EN= Equivalentes Niacina | ** VRN= Valor Referencia Nutrientes
 *** Recomendación europea no disponible

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What are the ingredients of Orthomol Vital M?

Drinkable vial: Water, concentrated orange juice with bioflavonoids, glycerol (stabilizer), modified starch (**wheat**), **fish** oil (4.0%), sodium L-ascorbate, citric acid (acidifier), concentrated passion fruit juice, magnesium carbonate, gelatin (beef), lactic acid (acidifier), DL-alpha tocopheryl acetate, 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), manganese sulfate, tocopherol-rich extracts (antioxidant), flavor, beta-carotene, sucralose (sweetener), sodium saccharin (sweetener), iron oxides (color), cupric sulfate, retinyl palmitate, *Tagetes erecta* extract with lutein, pteroylmonoglutamic acid, lycopene, potassium iodide, D-biotin, chromium (III) chloride, molybdate sodium, sodium selenate, phyloquinone, cholecalciferol, cyanocobalamin.



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, phyloquinone, cholecalciferol, cyanocobalamin.



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What is the recommended daily dose of Orthomol Vital M?

How to use

- **Granules:** Dissolve the contents of one sachet daily in 150-200 ml of still water and take together with the iodine tablet and capsule during or after a meal.
- **Drinkable vial:** Take the contents of a drinkable vial daily along with the capsule during or after a meal. Shake well before use.

Warnings to take into account before taking Orthomol Vital M

- 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 glycemetic disorders, administer under metabolic controls.

