



Lecithin Vital Capsules

Food supplement with lecithin, glutamic acid, ginseng
and B-vitamins

Good to know:

Soya lecithin is particularly rich in high quality phospholipids that are contained in every cell of the body. Glutamic acid and ginseng complement the composition in a sensible way.

The B vitamins that make up the vitamin B complex, are of particular importance for nerves and brain. For example the vitamins B6 and B12 contribute among other things to a normal function of the nervous system, mental function and reduce tiredness and fatigue.

Ingredients:

Gelatin, **Soya Lecithin** (17 %), Ginseng Root (17 %), filler Cornstarch, anticaking-agent Magnesium Stearate, L-glutamic Acid, Niacin, Vitamin E Succinate, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Vitamin B2, Vitamin B12.

	per capsule	per daily dose (=3 capsules)	% of the recommended daily requirement NRV*
soya lecithin	100 mg	300 mg	**
ginseng root	100 mg	300 mg	**
L-glutamic acid	50 mg	150 mg	**
niacin	18 mg	54 mg	338
vitamin E (alpha- TE)	12 mg (18 I.U.)	36 mg (54 I.U.)	300
vitamin B6	1.9 mg	5.7 mg	407
vitamin B2	1.8 mg	5.4 mg	386
vitamin B1	1.5 mg	4.5 mg	409
vitamin B12	3 µg	9 µg	360

* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

** No reference value has yet been established

Recommended use:

Take 1 capsule 3 times daily. The capsules should be swallowed with sufficient liquid.

Store in a dry place below 25°C. Protect from light.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 120 capsules = 67 g

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