



## A-Z-Capsules

Food supplement with a multivitamin-mineral complex

An adequate supply of nutrients is a basic necessity for our well-being and vitality. Already one A-Z capsule per day provides an adequate supply of vitamins, mineral nutrients and trace element needed in adults.

**Ingredients:** Dicalcium Phosphate, Magnesium Oxide, Gelatin, Potassium Chloride, Vitamin C, Vitamin E Acetate, separating agent Magnesium Stearate, Niacin, Biotin, Calcium D-pantothenate, Ferrous Sulfate, Zinc Oxide, Vitamin B6 Hydrochloride, Copper Sulfate, Vitamin B2, Vitamin B1 Mononitrate, Vitamin A Acetate, Folic Acid, Potassium Iodide, Chromium-III Chloride, Sodium Molybdate, Sodium Selenite, Vitamin K1, Vitamin D3, Vitamin B12.

	per capsule (=daily dose)	% of the recommedd daily requirement (NRV)*	per 100 g capsules
vitamin A (RE)	800 µg	100	113 mg
vitamin B1	1.4 mg	127	197 mg
vitamin B2	1.6 mg	114	225 mg
vitamin B6	2.0 mg	143	281 mg
vitamin B12	1.0 µg	40	141 µg
vitamin C	60.0 mg	75	8 g
vitamin D3	5.0 µg	100	703 µg
vitamin E (alpha-TE)	10.0 mg	83	1 g
vitamin K1	30.0 µg	40	4 mg
folic acid	200 µg	100	28 mg
pantothenic acid	6.0 mg	100	844 mg
niacin	18.0 mg	113	3 g
biotin	150 µg	300	21 mg
magnesium	75.0 mg	20	11 g
iron	2.8 mg	20	394 mg
potassium	40.0 mg	2**	6 g
iodine	100 µg	67	14 mg
chloride	36.3 mg	5**	5 g
copper	1000 µg	100	141 mg
chromium	25.0 µg	63	4 mg
molybdenum	25.0 µg	50	4 mg
selenium	25.0 µg	45	4 mg
zinc	5.0 mg	50	703 mg
calcium	41.0 mg	5**	6 g

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

\*\* to meet the daily requirement an additional intake is recommended.

**Directions for use:** Take one capsule daily with sufficient liquid.

Not recommended for pregnant women. Biotin can have an effect on laboratory tests, please inform your doctor in this case.

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. Keep out of direct sunlight.

Store dry and not above 25°C.

Made in Germany

**Contents 150 capsules = 104 g**

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