



A-Z Capsules 50+

Food supplement
with a multivitamin-mineral substance complex

Useful information:

As we age, our bodies require fewer calories, but our requirements on vitamins, mineral substances and trace elements do not necessarily reduce. In fact, in the case of some vitamins and mineral substances, a higher daily intake is recommended. A-Z Capsules 50 plus take into account the changed requirements in vital substances at a more mature age in order to create a good basis for the preservation of your health and your well-being. The trace element chrome contributes towards the normal metabolic rate of macronutrients, for example, and also helps maintain a normal blood sugar level.

Ingredients: Calcium Carbonate, Magnesium Oxide, Vitamin C, Gelatine, Potassium Chloride, bulking agent Maltodextrin, Niacin, Vitamin E-acetate, Ferrous Sulphate, separating agent Magnesium Stearate, Vitamin A acetate, calcium-D-pantothenate, zinc oxide, vitamin B6-hydrochloride, vitamin B1-mononitrate, vitamin B2, copper oxide, Chromium Chloride, Folic Acid, Biotin, Potassium Iodide, Sodium Selenite, Ammonium Molybdate, Vitamin K1, Vitamin D3, Vitamin B12.

	per capsule (= daily dose)	% of NRV recommended daily dose*	per 100 g capsules
Vitamin A (RE)	800 µg	100	81 mg
Vitamin B1	2.1 mg	191	214 mg
Vitamin B2	2.4 mg	171	244 mg
Vitamin B6	3 mg	214	306 mg
Vitamin B12	3 µg	120	306 µg
Vitamin C	120 mg	150	12 g
Vitamin D3	5 µg	100	509 µg
Vitamin E (alpha-TE)	12 mg	100	1 g
Vitamin K1	30 µg	40	3 mg
Folic acid	300 µg	150	31 mg
Pantothenic acid	6 mg	100	611 mg
Niacin	18 mg	113	2 g
Biotin	150 µg	300	15 mg
Magnesium	75 mg	20	8 g
Iron	3.5 mg	25	357 mg
Potassium	40 mg	2**	4 g
Iodine	100 µg	67	10 mg
Chloride	36.3 mg	5**	4 g
Copper	1 mg	100	102 mg
Chrome	60 µg	150	6 mg
Molybdenum	25 µg	50	3 mg
Selenium	25 µg	45	3 mg
Zinc	5 mg	50	509 mg
Calcium	162 mg	20	17 g

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

** Additional consumption is recommended to cover daily requirements

Recommended use: Swallow 1 capsule per day with sufficient liquid.

Biotin can have an effect on laboratory tests, please inform your doctor in this case.

Not suitable for pregnant women.

Kräuterhaus Sanct Bernhard

Der Spezialist für Naturheilmittel und Kosmetik.
Seit **1903** im Dienste der Gesundheit.



Keep dry and out of direct sunlight. Store below 25°C .

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

Made in Germany

Contents 150 capsules = 145 g

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