



## Veggie-fit Capsules

Food supplement containing vitamins and minerals  
To supplement a vegetarian or vegan diet

### Useful information:

Vegetarians and vegans must pay particular attention to a balanced diet. Any greater restriction on food choice increases the risk of not being optimally supplied with certain essential nutrients. For example, vitamin B12 is only found in animal foods. Depending on your personal diet, the supply of other B vitamins, iron, calcium, iodine, zinc or selenium may also be too low. Our vegan Veggie-fit capsules are specially designed to fill these gaps. They provide the body with a sufficient amount of vitamin B12 and prevent possible gaps in supply of other vitamins and minerals. Vitamin B12 contributes to cell division, is involved in the formation of red blood cells and supports the normal functioning of the nervous system.

**Ingredients:** Calcium Carbonate, Hydroxypropyl Methyl Cellulose, Ferrous Gluconate, Zinc Gluconate, separating agent Corn Starch, separating agent Magnesium Stearate, bulking agent Maltodextrin, Vitamin B2, Vitamin B6 Hydrochloride, Potassium Iodide, Sodium Selenite, Vitamin B12.

	per capsule (= daily dose)	% of NRV recommended daily dose*	per 100 g capsules
Vitamin B12	10 µg	400	1 mg
Vitamin B2	1.4 mg	100	171 mg
Vitamin B6	0.7 mg	50	85 mg
Calcium	226 mg	28	28 g
Iron	7 mg	50	853 mg
Zinc	5 mg	50	609 mg
Iodine	76 µg	51	9 mg
Selenium	27.7 µg	50	3 mg

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

**Recommended dose:** swallow 1 capsule per day with sufficient liquid.

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 90 capsules = 72 g**

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