



Gelat-PLUS® Tablets

Food supplement with amino acids, calcium, magnesium and vitamin C

Good to know:

Dietary supplement made from specially developed collagen hydrolysate plus calcium, magnesium and vitamin C. The amino acids contained in this special gelatin are natural components of your skin, hair, nails, **bones, connective tissue and joint cartilages**.

Gelat-PLUS® is characterized by a very high bioavailability, which means that the collagen hydrolyzate is absorbed very well by the body. The composition of the amino acids corresponds to the compounds of collagen in human articular cartilage. Magnesium and calcium take a substantial part in the forming of the inorganic substance of bones and teeth. Magnesium supports normal functioning of the muscles, especially in sports and physical activity and thus promotes the well-being - even at night - by relaxed muscles and calves. Vitamin C contributes to a normal formation of collagen for a normal, healthy function of bone and cartilage.

Also suitable for athletes as a daily supplement. Purine-free.

Ingredients:

Collagen Hydrolysate, Calcium Lactate, filler Corn Starch, Calcium Carbonate, Magnesium Carbonate, Acerola Extract, filler Maltodextrin, Microcrystalline Cellulose, separating agent Magnesium Stearate.

	per tablet	per daily dose (=27 tablets)	% of the recommended daily dose according to NRV*	per 100 g tablets
Collagen-Hydrolysate	333 mg	8991 mg	**	66 g
Of which is				
Alanine	29 mg	783 mg	**	6 g
Arginine	24 mg	648 mg	**	5 g
Aspartic acid	19 mg	513 mg	**	4 g
Glutamate acid	34 mg	918 mg	**	7 g
Glycine	74 mg	1998 mg	**	15 g
Histidine	3 mg	81 mg	**	0.6 g
Hydroxylysine	5 mg	135 mg	**	1 g
Hydroxyproline	40 mg	1080 mg	**	8 g
Isoleucine	5 mg	135 mg	**	1 g
Leucine	9 mg	243 mg	**	1.8 g
Lysine	12 mg	324 mg	**	2.4 g
Methionine	3 mg	81 mg	**	0.6 g
Phenylalanine	7 mg	189 mg	**	1.4 g
Proline	42 mg	1134 mg	**	8 g
Serine	11 mg	297 mg	**	2.2 g
Threonine	6 mg	162 mg	**	1.2 g
Tyrosine	3 mg	81 mg	**	0.6 g
Valine	8 mg	216 mg	**	1.6 g
Calcium	18.5 mg	499.5 mg	62	4 g
Magnesium	6.3 mg	170.1 mg	45	1.2 g
Vitamin C	2.5 mg	67.5 mg	84	0.5 g

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

** No reference value has yet been established

Recommended dose:

Take 9 tablets 3 times daily. The tablets should be swallowed whole with sufficient liquid.

It is recommended to take Gelat-PLUS® regularly over a period of at least six months.

Kräuterhaus Sanct Bernhard

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



Keep out of direct sunlight. Store dry and not above 25°C. Food supplements should not be used as a substitute for a varied and balanced 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 1600 tablets = 806 g

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