



## Sanct Bernhard Sport Q10 PLUS Capsules

Nutritional supplement

**Useful information:** Coenzyme Q10 is an important component of our daily diet. With increasing age and in case of an unbalanced diet, supplementation is recommended. The plus for your health: Selenium protects the body from oxidative stress, i.e. free radicals, and contributes to the normal function of the immune system. The B vitamins niacin, pantothenic acid and thiamine contribute to a normal energy metabolism. Thiamine also supports healthy, normal heart function.

**Ingredients:** Magnesium carbonate, gelatin, coenzyme Q10 (12 %), niacin, vitamin E succinate, bulking agent maltodextrin, calcium D-pantothenate, separating agents magnesium stearate, silicon dioxide; vitamin B2, vitamin B6 hydrochloride, vitamin B1 mononitrate, folic acid, sodium selenite, biotin, vitamin B12.

|                      | per capsule       | per daily dose<br>(= 2 capsules) | % of<br>recommended<br>daily amount<br>according to NRV* | per 100 g<br>capsules |
|----------------------|-------------------|----------------------------------|--|-----------------------|
| Magnesium            | 45 mg             | 90 mg                            | 24   | 10 g                  |
| Vitamin E (alpha-TE) | 18.2 mg (27 I.E.) | 36.4 mg                          | 300  | 4 g                   |
| Coenzyme Q10         | 50 mg             | 100 mg                           | **   | 12 g                  |
| Niacin               | 24 mg             | 48 mg                            | 300  | 6 g                   |
| Pantothenic acid     | 9 mg              | 18 mg                            | 300  | 2 g                   |
| Vitamin B2           | 2.1 mg            | 4.2 mg                           | 300  | 490 mg                |
| Vitamin B6           | 2.1 mg            | 4.2 mg                           | 300  | 490 mg                |
| Vitamin B1           | 1.65 mg           | 3.3 mg                           | 300  | 385 mg                |
| Folic acid           | 300 µg            | 600 µg                           | 300  | 70 mg                 |
| Biotin               | 75 µg             | 150 µg                           | 300  | 17 mg                 |
| Selenium             | 55 µg             | 110 µg                           | 200  | 13 mg                 |
| Vitamin B12          | 3.75 µg           | 7.5 µg                           | 300  | 0.9 mg                |

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

\*\* No reference value has yet been established

**Recommended use:** Swallow 1-2 unchewed capsules each morning with sufficient liquid as a nutritional supplement. Biotin may have an effect on laboratory tests, please inform your doctor in this case.

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 = 62 g**

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[www.sanct-bernhard-sport.de](http://www.sanct-bernhard-sport.de)