



## Sanct Bernhard Sport Vitamin C + Zinc Depot Capsules

1x daily  
Nutritional supplement

### Useful information:

Each Vitamin C + Zinc Depot Capsule contains 300 mg vitamin C and 5 mg zinc in a special capsule. This slowly releases the vitamin C and zinc over the whole day.

Vitamin C and zinc are important for a vital and active immune system. Vitamin C helps support the immune system, especially during and after intense physical exertion, as long as the recommended daily dose of 200 mg is taken daily. The high dose of 300 mg of vitamin C per capsule means that this can be easily achieved. Vitamin C also increases the iron absorption in the body and helps reduce tiredness and fatigue. Zinc contributes to normal acid-base, carbohydrate and fatty acid metabolisms.

### Ingredients:

Vitamin C, filler Sucrose, Gelatin, Zinc Sulphate Monohydrate, glazing agent Shellac, fillers Wheat/Corn-based Glucose Syrup, Corn Starch; anti-caking agents vegetable oil (coco, rapeseed) and talcum.

	per capsule (= daily dose)	% of NRV recommended daily dose*
Vitamin C	300 mg	375
Zinc	5 mg	50

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

### Recommended use:

Swallow 1 capsule each 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 180 capsules = 116 g

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