



Gelat-PLUS Powder

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

Good to know:

Food supplement made from specially developed collagen-hydrolysate with calcium, magnesium and natural vitamin C. The amino acids contained in the collagen-hydrolysate are natural components of the skin, hair, nails, bones, connective tissue and articular cartilage. Gelatin PLUS is distinguished by an especially high bioavailability, meaning that the collagen-hydrolysate is really well absorbed by the body. Magnesium and calcium play a key role in the formation of the mineral substance in the 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 loose, relaxed muscles and calves. Also highly suitable for athletes as a daily food supplement. Free of purine.

Ingredients:

Collagen Hydrolysate, Calcium Lactate, Magnesium Carbonate, Fructose, Acerola Extract, filler Maltodextrin, Vitamin C, Flavour.

	content per teaspoon (= 5 g powder)	per daily dose (3 teaspoons =15 g powder)	% of the recommended daily requirement NRV*	per 100 g powder
collagen-Hydrolysate	3.3 g	9.9 g	**	66 g
of which is				
Alanine	0.3 g	0.9 g	**	6 g
Arginine	0.2 g	0.6 g	**	4 g
Aspartic acid	0.2 g	0.6 g	**	4 g
Glutamic acid	0.3 g	0.9 g	**	6 g
Glycine	0.7 g	2.1 g	**	14 g
Histidine	0.03 g	0.09 g	**	0.6 g
Hydroxylysine	0.05 g	0.15 g	**	1 g
Hydroxyproline	0.4 g	1.2 g	**	8 g
Isoleucine	0.05 g	0.15 g	**	1 g
Leucine	0.09 g	0.27 g	**	1.8 g
Lysine	0.1 g	0.3 g	**	2 g
Methionine	0.03 g	0.09 g	**	0.6 g
Phenylalanine	0.07 g	0.21 g	**	1.4 g
Proline	0.4 g	1.2 g	**	8 g
Serine	0.1 g	0.3 g	**	2 g
Threonin e	0.06 g	0.18 g	**	1.2 g
Tyrosin	0.03 g	0.09 g	**	0.6 g
Valine	0.08 g	0.24 g	**	1.6 g
Calcium	147 mg	441 mg	55	3 g
Magnesium	77.5 mg	233 mg	62	1.6 g
Vitamin C	25 mg	75 mg	94	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

Suggested use:

Take 3 x daily 1 heaped teaspoon (5g) in 1 glass of juice or tea, stir and drink. Drink plenty of fluids afterwards. It is recommended to take regularly Gelat-PLUS over a period of at least 6 months to himself.

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

Nutritional supplements should not be used as a substitute for a varied, healthy diet.

Kräuterhaus Sanct Bernhard

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



Keep out of reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

Contents 500 g (= 100 portions à 5 g)

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