



## Hear Fit-Capsules

Nutritional supplement

with B-vitamins, vitamin C and E, magnesium, zinc, selenium, flavon glycosides  
and ginkgolide terpenlactones

### Useful information:

Healthy, functional nerve cells are of decisive importance for hearing ability. The highly-sensitive structures within the ear catch the countless noises and sounds borne to them from all directions through the air. But only once the auditory stimuli are picked up by the auditory sensory cells, forwarded on to the auditory nerve and transmitted to the responsible brain areas via the auditory pathways do we actually "hear". Our nerves, including those of our hearing system, are dependent for their functionality on a sufficient supply of specific nutrients. We recommend Hear Fit Capsules as a daily nutritional supplement. Vitamin B12, potassium, niacin and biotin support the normal function of the nervous system. Vitamin C, zinc and selenium play a role in protecting the cells against oxidative stress. Ginkgo supports the blood circulation in the area of the small blood vessels as they are found in the inner ear.

**Ingredients:** Magnesium Oxide, L-carnitine L-tartrate, Vitamin C, Gelatine, Zinc Gluconate, Extract of Ginkgo Biloba Leaves, Niacin, Vitamin E Succinate, separating agent Magnesium Stearate, fillers Microcrystalline Cellulose, Maltodextrin; Sodium Selenite, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Folic Acid, Biotin, Vitamin B12.

	per capsule	per day (2 capsules)	% of the recommended daily dose according to NRV*	per 100 g capsules
Ginkgo-biloba-extract (50:1)	30 mg	60 mg	**	4 g
of which flavonglycoside	7,2 mg	14,4 mg	**	1 g
Ginkgolid-Terpenlactone	1,95 mg	3,9 mg	**	0.3 g
L-Carnitine	100 mg	200 mg	**	14 g
Vitamin C	125 mg	250 mg	313	18 g
Magnesium	100 mg	200 mg	53	14 g
Niacin	24 mg	48 mg	300	3 g
Vitamin E (alpha-TE)	18 mg	36 mg	300	3 g
Zinc	5 mg	10 mg	100	1 g
Vitamin B6	2,1 mg	4,2 mg	300	0.3 g
Vitamin B1	1,6 mg	3,2 mg	291	0.2 g
Folic acid	200 µg	400 µg	200	28 mg
Biotin	75 µg	150 µg	300	11 mg
Selenium	30 µg	60 µg	109	4 mg
Vitamin B12	3,75 µg	7,5 µg	300	1 mg

\* 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 two (2) capsules daily with sufficient liquid.

Biotin can influence laboratory tests, in which case please inform your doctor. Persons taking blood thinning medication (anticoagulants) should consult their doctor before consumption.

Not suitable for children and teenagers until the age of 17.

Keep out of direct sunlight. Store dry and not above 25°C. Nutritional 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 120 capsules = 82 g**

Art. No. 103 / Eti0423