



Gelenkfit Capsules

Food supplement with minerals und vitamins

Good to know:

Gelenkfit Capsules contain calcium, magnesium and the vitamins B1, B2, B6, B12, C, niacin, pantothenic acid, biotin and folic acid, as well as the mucopolysaccharides glucosamine and chondroitin. Calcium and magnesium contribute to normal muscle function and are essential for healthy, sturdy bones. Vitamin B2 (riboflavin), niacin and biotin support the maintenance of normal skin and mucous membranes. Pantothenic acid contributes to a normal synthesis and to a normal metabolism, among other things of vitamin D. Folic acid has a role in the process of cell division. Glucosamine and chondroitin are natural components of connective tissue, cartilage and joint fluid. Vitamin C contributes to a normal formation of collagen and the function of the joint cartilages.

Ingredients: Gelatine, **Glucosamine Sulfate derived from crustaceans (25 %)**, Chondroitin Sulfate (14 %), Magnesium Carbonate, Vitamin C, separating agent: Magnesium Stearate, Niacin, Calcium-D-Pantothenate, Vitamin B6-Hydrochloride, Vitamin B2, Vitamin B1-Mononitrate, Folic Acid, Biotine, Vitamin B12.

	per capsule	per daily dose (= 6 capsules)	% of the daily intake according to NRV*	per 100 g capsules
Glucosamine Sulfate	170.0 mg	1020 mg	**	25 g
Chondroitin Sulfate	100.0 mg	600 mg	**	14 g
Magnesium	25.0 mg	150 mg	40	4 g
Calcium	40.0 mg	240 mg	30	6 g
Vitamin C	15.0 mg	90 mg	113	2 g
Niacin	4.0 mg	24 mg	150	579 mg
Pantothenic acid	1.5 mg	9 mg	150	217 mg
Vitamin B2	0.35 mg	2.1 mg	150	51 mg
Vitamin B6	0.35 mg	2.1 mg	150	51 mg
Vitamin B1	0.28 mg	1.7 mg	150	40 mg
Folic acid	50.0 µg	300 µg	150	7 mg
Biotine	12.5 µg	75 µg	150	2 mg
Vitamin B12	0.63 µg	3.8 µg	150	91 µg

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

** No reference value has yet been established.

Recommended dosage:

Take 2 capsules 3 times daily. Capsules should be swallowed whole with sufficient liquid.

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

Food supplements should not be used as a substitute for a varied diet. Keep out of reach of young children. The recommended daily dose should not be exceeded.

People with impaired glucose tolerance or who take coumarin anticoagulants should seek the advice of their doctor before taking this nutritional supplement.

Made in Germany

Contents 240 capsules = 164 g

Art. No. 1790

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