



Sanct Bernhard Sport A-Z Capsules

1 per day

Food supplement with a multivitamin-mineral complex

Good to know: The need for vitamins and minerals increases during physical activity. Therefore, a useful composite multivitamin supplement is recommended by experts - best a composition of minerals and trace elements. A-Z Capsules with 24 vital substances support sportsmen to cover the increased need for vitamins and mineral nutrients.

Ingredients: Dicalcium Phosphate, Magnesium Oxide, Gelatin, Potassium Chloride, Vitamin C, Vitamin E Acetate, separating agent Magnesium Stearate, Niacin, Biotin, Calcium D-pantothenate, Ferrous Sulfate, Zinc Oxide, Vitamin B6 Hydrochloride, Copper Sulfate, Vitamin B2, Vitamin B1 Mononitrate, Vitamin A Acetate, Folic Acid, Potassium Iodide, Chromium-III Chloride, Sodium Molybdate, Sodium Selenite, Vitamin K1, Vitamin D3, Vitamin B12.

	per capsule (=daily dose)	% of the recommended daily requirement (NRV)*	per 100 g capsules
vitamin A (RE)	800 µg	100	113 mg
vitamin B1	1.4 mg	127	197 mg
vitamin B2	1.6 mg	114	225 mg
vitamin B6	2 mg	143	281 mg
vitamin B12	1 µg	40	141 µg
vitamin C	60 mg	75	8 g
vitamin D3	5 µg	100	703 µg
vitamin E (alpha-TE)	10 mg	83	1 g
vitamin K1	30 µg	40	4 mg
folic acid	200 µg	100	28 mg
pantothenic acid	6 mg	100	844 mg
niacin	18 mg	113	3 g
biotin	150 µg	300	21 mg
magnesium	75 mg	20	11 g
iron	2.8 mg	20	394 mg
potassium	40 mg	2**	6 g
iodine	100 µg	67	14 mg
chloride	36.3 mg	5**	5 g
copper	1000 µg	100	141 mg
chromium	25 µg	63	4 mg
molybdenum	25 µg	50	4 mg
selenium	25 µg	45	4 mg
zinc	5 mg	50	703 mg
calcium	41 mg	5**	6 g

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

** To meet the daily requirement an additional intake is recommended.

Directions for use:

Take one capsule daily with sufficient liquid.

Not suitable for pregnant women. Biotin can have an effect on laboratory tests, please inform your doctor in this case.

Store away from light, dry and below 25 °C.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle.

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

Kräuterhaus Sanct Bernhard

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



Made in Germany

Contents 150 capsules = 104 g

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