



Gelat-PLUS® Tablets

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

Good to know:

Dietary supplement made from specially developed collagen hydrolysate plus calcium, magnesium and vitamin C. The amino acids contained in this special gelatin are natural components of your skin, hair, nails, **bones, connective tissue and joint cartilages**.

Gelat-PLUS® is characterized by a very high bioavailability, which means that the collagen hydrolyzate is absorbed very well by the body. The composition of the amino acids corresponds to the compounds of collagen in human articular cartilage. Magnesium and calcium take a substantial part in the forming of the inorganic substance of 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 relaxed muscles and calves. Vitamin C contributes to a normal formation of collagen for a normal, healthy function of bone and cartilage.

Also suitable for athletes as a daily supplement. Purine-free.

Ingredients:

Collagen Hydrolysate, Calcium Lactate, filler Corn Starch, Calcium Carbonate, Magnesium Carbonate, Acerola Extract, filler Maltodextrin, Microcrystalline Cellulose, separating agent Magnesium Stearate.

| | per tablet | per daily dose (=27 tablets) | % of the recommended daily dose according to NRV* | per 100 g tablets |
|----------------------|---------------|------------------------------------|--|----------------------|
| Collagen-Hydrolysate | 333 mg | 8991 mg | ** | 66 g |
| Of which is | | | | |
| Alanine | 29 mg | 783 mg | ** | 6 g |
| Arginine | 24 mg | 648 mg | ** | 5 g |
| Aspartic acid | 19 mg | 513 mg | ** | 4 g |
| Glutamate acid | 34 mg | 918 mg | ** | 7 g |
| Glycine | 74 mg | 1998 mg | ** | 15 g |
| Histidine | 3 mg | 81 mg | ** | 0.6 g |
| Hydroxylysine | 5 mg | 135 mg | ** | 1 g |
| Hydroxyproline | 40 mg | 1080 mg | ** | 8 g |
| Isoleucine | 5 mg | 135 mg | ** | 1 g |
| Leucine | 9 mg | 243 mg | ** | 1.8 g |
| Lysine | 12 mg | 324 mg | ** | 2.4 g |
| Methionine | 3 mg | 81 mg | ** | 0.6 g |
| Phenylalanine | 7 mg | 189 mg | ** | 1.4 g |
| Proline | 42 mg | 1134 mg | ** | 8 g |
| Serine | 11 mg | 297 mg | ** | 2.2 g |
| Threonine | 6 mg | 162 mg | ** | 1.2 g |
| Tyrosine | 3 mg | 81 mg | ** | 0.6 g |
| Valine | 8 mg | 216 mg | ** | 1.6 g |
| Calcium | 18.5 mg | 499.5 mg | 62 | 4 g |
| Magnesium | 6.3 mg | 170.1 mg | 45 | 1.2 g |
| Vitamin C | 2.5 mg | 67.5 mg | 84 | 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

Recommended dose:

Take 9 tablets 3 times daily. The tablets should be swallowed whole with sufficient liquid.

It is recommended to take Gelat-PLUS® regularly over a period of at least six months.

Kräuterhaus Sanct Bernhard

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



Keep out of direct sunlight. Store dry and not above 25°C. Food 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 1600 tablets = 806 g

Art. No. 1783

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