



## A-Z-Capsules

Food supplement with a multivitamin-mineral complex

An adequate supply of nutrients is a basic necessity for our well-being and vitality. Already one A-Z capsule per day provides an adequate supply of vitamins, mineral nutrients and trace element needed in adults.

**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<br>(=daily dose) | % of the recommended<br>daily requirement<br>(NRV)* |
|----------------------|------------------------------|-----------------------------------------------------|
| vitamin A (RE)       | 800 µg                       | 100                                                 |
| vitamin B1           | 1.4 mg                       | 127                                                 |
| vitamin B2           | 1.6 mg                       | 114                                                 |
| vitamin B6           | 2.0 mg                       | 143                                                 |
| vitamin B12          | 1.0 µg                       | 40                                                  |
| vitamin C            | 60.0 mg                      | 75                                                  |
| vitamin D3           | 5.0 µg                       | 100                                                 |
| vitamin E (alpha-TE) | 10.0 mg                      | 83                                                  |
| vitamin K1           | 30.0 µg                      | 40                                                  |
| folic acid           | 200 µg                       | 100                                                 |
| pantothenic acid     | 6.0 mg                       | 100                                                 |
| niacin               | 18.0 mg                      | 113                                                 |
| biotin               | 150 µg                       | 300                                                 |
| magnesium            | 75.0 mg                      | 20                                                  |
| iron                 | 2.8 mg                       | 20                                                  |
| potassium            | 40.0 mg                      | 2**                                                 |
| iodine               | 100 µg                       | 67                                                  |
| chloride             | 36.3 mg                      | 5**                                                 |
| copper               | 1 mg                         | 100                                                 |
| chromium             | 25.0 µg                      | 63                                                  |
| molybdenum           | 25.0 µg                      | 50                                                  |
| selenium             | 25.0 µg                      | 45                                                  |
| zinc                 | 5.0 mg                       | 50                                                  |
| calcium              | 41.0 mg                      | 5**                                                 |

\* 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 recommended for pregnant women. Biotin can have an effect on laboratory tests, please inform your doctor in this case.

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. Keep out of direct sunlight.

Store dry and not above 25°C.

Made in Germany

**Contents 150 capsules = 104 g**

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