



Men's-Vital-Complex Capsules

Nutritional supplement containing B vitamins, minerals, plant powders and extracts
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Useful information: The Men's-Vital-Complex Capsules contain carefully selected extracts from pomegranates, pumpkin seeds, maca roots and rye pollen, all of which are highly valued. They also contain essential vitamins and minerals for men at every stage of life. For instance, zinc is involved in processes connected to fertility and the maintenance of healthy testosterone levels. Copper and vitamin B12 support normal energy metabolism, while folic acid and vitamin B6 help reduce tiredness and fatigue.

Ingredients: Microcrystalline Cellulose (bulking agent), Pomegranate Extract, Maca Root Powder, Hydroxypropylmethylcellulose, Dried Pumpkin Seed Extract, Rye Pollen Extract, Maltodextrin, Zinc Gluconate, Silicon Dioxide (separating agent), Dicalcium Phosphate, Magnesium Stearate; Calcium Gluconate (stabiliser), Vitamin B6 Hydrochloride, Copper Gluconate, (6S)-5-Methyltetrahydrofolic Acid Glucosamine Salt, Sodium Selenite, Vitamin B12.

	per capsule	per daily dose (= 3 capsules)	% of NRV recommended daily dose*
Pomegranate extract	100 mg	300 mg	**
of which ellagic acid	40 mg	120 mg	**
Dried pumpkin seed extract	67 mg	201 mg	**
Rye pollen extract	50 mg	150 mg	**
Maca root powder	100 mg	300 mg	**
Zinc	2.5 mg	7.5 mg	75
Folic acid (Quatrefolic®)	67 µg	201 µg	101
Copper	0.33 mg	1 mg	100
Vitamin B12	1.7 µg	5.1 µg	204
Vitamin B6	2.5 mg	7.5 mg	536
Selenium	10 µg	30 µg	55

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

** no reference value available yet

Recommended dose:

Adults should swallow 3 capsules per day with sufficient liquid.

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

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Quatrefolic® is a registered trademark of Gnosis S.p.A.

Not suitable for people with grass pollen hypersensitivity/allergies.

Made in Germany

Contents 90 capsules = 51 g

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