



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. Aktiv³ 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, vitamin C, potassium chloride, niacin, separating agent Magnesium stearate, vitamin E acetate, calcium D-pantothenate, ferrous sulfate, zinc oxide, vitamin B6 hydrochloride, copper sulfate, vitamin B2, vitamin B1 mononitrate, vitamin A acetate, folic acid, biotin, potassium iodide, chromium-III chloride, sodium molybdate, sodium selenite, vitamin K1, vitamin D3, vitamin B12.

Directions for use:

Take one capsule daily with sufficient liquid.

Note for pregnant women: Due to their vitamin A content should A-Z-Capsules not be taken during the first 3 months of pregnancy. Not recommended for children and adolescents under 17 years of age.

	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.

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 small children. The recommended daily dose should not be exceeded. Keep out of direct sunlight. Store dry and not above 25°C.

Kräuterhaus Sanct Bernhard

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Seit **1903** im Dienste der Gesundheit.



Made in Germany

Contents 150 capsules = 105 g

Art.-No. 2500

Eti1218

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