

NUTRITION FACTS

Vitamins	In 1 dose (15gr)	% Nutrient Reference Value
Vitamin A (retinol acetate)	800 mcg	100 %
Vitamin B1 (thiamine mononitrate)	50 mg	4545,45 %
Vitamin B2 (riboflavin)	50 mg	3571,43 %
Vitamin B3 (niacinamide)	50 mg	312,50 %
Vitamin B5 (pantothenic acid)	50 mg	833,33 %
Vitamin B6 (pyridoxine hydrochloride)	20 mg	1176%
Vitamin B7 (biotin)	2500 mcg	5000 %
Vitamin B9 (folic acid)	400 mcg	200%
Vitamin B10 – PABA (para aminobenzoic acid)	50 mg	*
Vitamin B12 (cyanocobalamin)	50 mcg	2000 %
Vitamin C (ascorbic acid)	160 mg	200 %
Vitamin D3 (cholecalciferol)	75 mcg	1500 %
Vitamin E (DL-alpha tocopherol acetate)	40 IU (36mg)	300 %
Vitamin K2 – MK7 (menaquinone)	100 mcg	133,33 %
Coenzyme Q10 (ubiquinone)	100 mg	*
Betacarotene (natural colorant)	*	*

Minerals	In 1 dose (15gr)	% Nutrient Reference Value
Potassium (potassium gluconate)	100 mg	5 %
Selenium (L-selenomethionine)	200 mcg	363,64 %
Iron (ferrous fumarate)	14 mg	100 %
Iodine (from algae Kelp)	150 mcg	100 %
Chromium (chromium picolinate)	40 mcg	100 %
Zinc (zinc citrate)	25 mg	250 %
Magnesium (magnesium malate)	112,5 mg	30 %
Calcium (calcium phosphate 2-hydrate)	200 mg	25 %
Manganese (manganese gluconate)	5 mg	250 %

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Omega Fatty Acids	In 1 dose (15gr)	% Nutrient Reference Value
Omega 3	500 mg	*

Herbs and Plant compounds	In 1 dose (15gr)	% Nutrient Reference Value
Moringa powder (<i>Moringa oleifera</i>)	250 mg	*
Lady's Mantle extract 10:1 (<i>Alchemilla vulgaris</i>)	50 mg	*
Milk Thistle extract standardized to 80% silymarin (<i>Silybum marianum</i>)	50 mg	*
Dandelion root extract 4:1 (<i>Taraxacum officinale</i>)	100 mg	*
Watercress extract 10:1 (<i>NasturLum officinale</i>)	50 mg	*
Psyllium husk	1000 mg	*
Tribulus Terrestris extract standardized to 95 % saponines (<i>Tribulus Terrestris</i>)	50 mg	*
Quercetin	20 mg	*
Citrus bioflavonoids	200 mg	*

Proteins & Amino acids	In 1 dose (15gr)	% Nutrient Reference Value
Fish collagen	1000 mg	*
Hyaluronic acid (sodium hyaluronate)	25 mg	*
L-glutathione	75 mg	*
L-tryptophan	250 mg	*
Amino-acid complex:		
- of which L-leucine	200 mg	*
- of which L-lysine (L-lysine hydrochloride)	200 mg	*
- of which L-glutamine	200 mg	*
- of which L-isoleucine	200 mg	*
- of which L-threonine	200 mg	*
- of which L-valine	200 mg	*
- of which L-tyrosine	100 mg	*
- of which L-methionine	100 mg	*
- of which L-phenylalanine	50 mg	*

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Superfoods & Organic compounds	In 1 dose (15gr)	% Nutrient Reference Value
Apple cider vinegar powder	200 mg	*
MSM (Methylsulfonyl methane)	500 mg	*
Reishi extract 4:1 (Ganoderma lucidum)	100 mg	*
Cordyceps powder (Cordyceps sinensis)	100 mg	*

Weight of contents:	28 sachets, each with 15gr of powder
Packaging:	28 sachets, packed in box
Dosage:	Adults take 1 dose daily with food
Preparation instruction:	Dissolve 1 sachet of powder (15gr) in 250ml of water and stir.
Warning:	This product has been marketed as a dietary supplement. It is not intended as a substitute for a varied diet. Do not exceed the recommended dosage. Keep out of reach of small children. Not suitable for children under 3 years, pregnant and lactating women.
Storage:	Store in a dry, dark and cool place!
Shelf life:	24 months from the date of production, subject to storage conditions.
Allergens:	Contains fish products.



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