

# Ginseng Vita-Complex



food supplement

## Vitality everyday

**Ginseng vita-complex** is a food supplement in capsules. Composition of high quality standardized extracts from two species of ginseng, enriched with black pepper extract and complex of 12 vitamins. Ginseng extract which is rich in ginsenosides, participates in maintaining vitality and proper physical and mental efficiency. Additionally vitamins (B2, B6, B12, C) contribute to reduce tiredness and fatigue.

## Składniki

Nutrition information	1 capsule
American ginseng extract ( <i>Panax quinquefolius</i> )	250 mg
Korean ginseng extract ( <i>Korean Panax ginseng</i> )	200 mg
Black pepper extract	2 mg
<b>Vitamins</b>	
Vitamin A (RE)	800 µg (100%*)
Vitamin D	5 µg (100%*)

<b>Vitamin E (á-TE)</b>	12 mg (100%*)
<b>Vitamin C</b>	80 mg (100%*)
<b>Vitamin B1</b>	1,1 mg (100%*)
<b>Vitamin B2</b>	1,4 mg (100%*)
<b>Niacin (NE)</b>	16 mg (100%*)
<b>Vitamin B6</b>	1,4 mg (100%*)
<b>Folic acid</b>	200 µg (100%*)
<b>Vitamin B12</b>	2,5 µg (100%*)
<b>Biotin</b>	50 µg (100%*)
<b>Pantothenic acid</b>	6 mg (100%*)

\*NRV - nutrient reference value

**Ingredients:** American ginseng extract (*Panax quinquefolius*), Korean ginseng extract (Korean *Panax Ginseng*), vitamins (L-ascorbic acid - vit. C, DL-á-tocopheryl acetate - vit. E, nicotinamide - niacin, D-biotin, retinyl acetate - vit. A, calcium D-pantothenate - pantothenic acid, pyridoxine hydrochloride - vit. B6, cholecalciferol - vit. D, pteroylmonoglutamic acid - folate, thiamine mononitrate - vit. B1, riboflavin - vit. B2, cyanocobalamin - vit. B12), black pepper extract, bulking agent - cellulose microcrystalline, anti-caking agent - magnesium salts of fatty acids, capsule (gelatine, colour: E 171).

## Zastosowanie

The product is recommended for people who strive for proper physical and mental functions and for those willing to reduce tiredness and fatigue. In particular, it is dedicated to middle-aged people and elderly, performing heavy physical and mental work as well as to all active persons.

## Dawkowanie

**Recommended use:** 1 1 capsule daily or otherwise after consultation with your doctor.

*Do not exceed the recommended daily dose.*

*Food supplements should not be used as a substitute for a varied and balanced diet.*

*A varied and balanced diet and a healthy lifestyle are recommended.*

*Keep out of reach of children.*

*Unopened, kept in dry and cool place, best before: see left side of packaging*

