



Harmonious blend of essential
vitamins and minerals

Daily recommended amount per dietary ingredient by serving:

Ingredient	1 tablet contains	% recommended daily intake in 1 tablet
Calcium	162 mg	20 %
Phosphorus	125 mg	17 %
Vitamin C	80 mg	100 %
Magnesium	56.25 mg	15 %
Niacin (vitamin B3)	16 mg	100 %
Vitamin E (alpha-tocopherol equivalents)	12 mga – TE	100 %
Pantothenic Acid (Vitamin B5)	6 mg	100 %
Zinc	5 mg	50 %
Iron	5 mg	35 %
Riboflavin(Vitamin B2)	1.4 mg	100 %
Vitamin B6	1.4 mg	100 %
Beta-carotene	1.2 mg	-
Thiamine (vitamin B1)	1.1 mg	100 %
Manganese	1 mg	50 %
Copper	1 mg	100 %
Vitamin A (retinol equivalent)	600 µg	75 %
Folic acid	200 µg	100 %
Iodine	100 µg	66 %
Biotin (D-biotin)	50 µg	100 %
Vitamin K	30 µg	40 %
Chromium	28 µg	70 %
Selenium	25 µg	45 %
Molybdenum	25 µg	50 %
Vitamin D	5 µg	100 %
Vitamin B12	2.5 µg	100 %

- recommended daily intake not established

Why Are Vitamins and Minerals Important?

Vitamins are nutrients absolutely essential for the proper function of our body. Our bodies need them, in small amounts, to support the chemical reactions our cells need to live. We get them from food or supplements because our bodies don't manufacture them. Different nutrients affect digestion, the nervous system, thinking, and other body processes.

Vitamins help the metabolism, contributing to good health, reproduction, growth and maintenance of good fitness. They do not have calories or any energy value by themselves. Minerals, like vitamins, are essential components for the proper function of our body. They constitute 4 – 5% of our body weight. Inhered in the bones, teeth, and important components of muscles, nerve cells, hormones, enzymes and blood. Deficiency of vitamins and minerals in our body, even in small amounts, may lead sooner or later to health disorders.

Ingredients

Bulking agents: microcrystalline cellulose, arabic gum cross-linked sodium carboxymethylcellulose; calcium salt of phosphoric acid (calcium and phosphorus); L-ascorbic acid (vitamin C); magnesium carbonate (magnesium); glazing agents: hydroxypropylmethylcellulose, polyethylene glycol, polyvinylpyrrolidone, arabic gum; niacin (vitamin B3); anti-caking agents: magnesium salts of fatty acids, silicon dioxide, fatty acids - stearic acid; DL - Alpha Tocopheryl acetate (vitamin E); calcium D-pantothenate (vitamin B5); colours: titanium dioxide, riboflavin; iron fumarate II (iron); zinc gluconate (zinc); riboflavin (vitamin B2); pyridoxine hydrochloride (vitamin B6); beta-carotene; thiamine hydrochloride (vitamin B1); copper gluconate II (copper); manganese sulfate (manganese); retinyl acetate (vitamin A); pteroylmonoglutamic acid (folic acid); potassium iodide (iodine); D-biotin (biotin); phyloquinone (vitamin K); chromium chloride III (chromium); sodium selenite IV (selenium); sodium molybdate VI (molybdenum); cholecalciferol (vitamin D); cyanocobalamin (vitamin B12).

Recommended daily allowance:

1 tablet per day during or immediately after meals, with water. Do not exceed the recommended daily allowance, i.e. 1 tablet per day.

Caution:

Food supplements should not be used as a substitute (replacement) of a varied diet. The product is not intended for pregnant women, nursing mothers and children. Remember to sustain a healthy way of eating and lifestyle.

Storage:

Store at a room temperature in a cool dry place. Keep out of the reach of children, protect against light.

Best before:

Expiry date on the side of the package.

A Package contains 30 tablets

1 tablet mass is 1220 mg

Net weight 36,6 g

Marketing Authorization Holder:

BioActiveT Sp. z o.o.

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The logo for BioActiveT, featuring the word "BioActiveT" in a bold, sans-serif font. The "Bio" is in a dark grey color, and "ActiveT" is in a lighter grey color. The "A" in "Active" is stylized with a horizontal line through it.