

# SUSTENIUM

## *Biorhythm*<sub>3</sub>

### Multivitamin

MAN

Food supplement

30 tablets of  
1,450 g each

**YOUR DAILY BIORHYTHM**



A. MENARINI

#### INDICATIONS

Sustenium Biorhythm 3 Multivitamin is a multivitamin and multimineral food supplement indicated in case of deficiencies or when the body has an increased need for the micronutrients contained in the product, that meets the body's vitamin needs. Its 3 phase technology with staggered release ensures the delivery of vitamins and minerals throughout the day.

**5 minutes**  
RELEASE



VITAMINS B1, B2, B5, B6,  
B12, MAGNESIUM

Contribute to your normal  
energy-yielding metabolism.

**1 hour**  
RELEASE



COENZYME Q10, COPPER,  
SELENIUM, CHROMIUM,  
IODINE, IRON, ZINC, CALCIUM

Calcium contributes to  
your normal muscle function.

**8 hours**  
RELEASE



VITAMINS A, C, D

Contribute to the normal function  
of your immune system.

#### RECOMMENDED DOSE AND METHOD OF ADMINISTRATION

1 tablet a day. Swallow with a glass of water.

#### STORAGE CONDITIONS

Do not store above 25 ° C, in a cool, dry place away from heat sources, sunlight. The expiry date refers to the correctly stored product in the un opened package.

#### WARNINGS

Keep out of the reach of children under 3 years of age. Do not exceed the recommended daily dose.

Food supplements are not intended to replace a varied and balanced diet and a healthy life style.

#### INGREDIENTS

Dicalcium phosphate, Bulking agents: cellulose, hydroxypropyl methyl cellulose, cross-linked sodium carboxymethylcellulose; Magnesium oxide, Vitamin C (L-ascorbic Acid), Vitamin E (DL-alpha-tocopheryl acetate); Anti-caking agents: Magnesium salts of fatty acids, Silicon dioxide; Ferrous Fumarate; Colour: Iron oxides and hydroxides (E172); Coenzyme Q10, Vitamin A (retinyl acetate), Zinc oxide, Panthotenic acid (calcium, D-pantothenate), Vitamin B12 (cyanocobalamin), Cupric citrate, Vitamin D (colecalfiferol), Vitamin B6 (pyridoxine hydrochloride), Vitamin B2 (Riboflavin), Vitamin B1 (thiamine hydrochloride), Chromium picolinate, Folic acid (pteroylmonoglutamic acid), Sodium selenite, Potassium iodide, Biotin.

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#### AVERAGE INTAKE

Ingredients	Per dose (1 tablet)	%NRV*
Calcium	160 mg	20
Magnesium	131 mg	35
Vitamin C	40 mg	50
Coenzyme Q10	10 mg	-
Vitamin E	8 mg	67
Zinc	7 mg	70
Pantothenic acid	6 mg	100
Iron	4,2 mg	30
Vitamin B2	1,4 mg	100
Vitamin B6	1,4 mg	100
Vitamin B1	1,1 mg	100
Copper	1 mg	100
Vitamin A	720 µg	90
Folic acid	200 µg	100
Iodine	105 µg	70
Selenium	55 µg	100
Biotin	50 µg	100
Chromium	40 µg	100
Vitamin D	5 µg	100
Vitamin B12	2,5 µg	100

\*NRV: Nutrient Reference Values  
(Reg. EU 1169/2011)

Food supplement

Net weight

43,5 g e