

SUSTENIUM

Biorhythm3

Multivitamin

MAN 60+

Food supplement

30 tablets of
1,450 g each

YOUR DAILY BIORHYTHM



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



LUTEIN, COPPER, SELENIUM,
CHROMIUM, IODINE, CALCIUM, ZINC

Calcium supports 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 unopened 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; Tagetes erecta L., flower 10% Lutein - 4% Zeaxanthin cont., Vitamin A (retinyl acetate), Zinc oxide, Panthothenic acid (calcium, D-pantothenate), Spirulina powder (trehalose*, Spirulina platensis, stabiliser: sodium citrates), Vitamin B12 (cyanocobalamin), Vitamin D (colecalciferol), Vitamin B6 (pyridoxine hydrochloride), Cupric citrate, Vitamin B2 (Riboflavin), Vitamin B1 (thiamine hydrochloride), Chromium picolinate, Folic acid (pteroylmonoglutamic acid), Sodium selenite, Potassium iodide, Biotin. *trehalose is a source of Glucose.

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AVERAGE INTAKE

Ingredients	Per dose (1 tablet)	%NRV*
Calcium	176 mg	22
Magnesium	113 mg	30
Vitamin C	40 mg	50
Vitamin E	12 mg	100
Tagetes erecta L.	10 mg	-
Lutein	1 mg	
Zeaxanthin	0,4 mg	
Zinc	7 mg	70
Pantothenic acid	6 mg	100
Iron	4,9 mg	35
Vitamin B2	1,4 mg	100
Vitamin B6	1,4 mg	100
Vitamin B1	1,1 mg	100
Vitamin A	720 µg	90
Copper	700 µg	70
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