

# MULTIVITAMIN

## FORMULA 01

**PRESENTATION: 30 Capsules**

**HOW TO TAKE:** Take 1 capsule per day.

### INGREDIENTS:

### QT. DAILY:

Calcium	32.10mg
	18.85mg
Phosphorus	49.45mg
Magnesium	80mg
Vitamin C	6.57mg
Iron	10mg
Zinc Extr. Dried <i>Daucus carota</i> , Carrot	10mg
Vitamin B5	10mg
Copper	6mg
Vitamin B6	1000µg
Vitamin B2	1.4mg
Vitamin B1	1.4mg
Chromium	1.1mg
Selenium	40µg
Vitamin D	25.11µg
	5µg



# MULTIVITAMIN

## FORMULA 02 - BRAIN

### PRESENTATION: 30 Capsules

**HOW TO TAKE:** Take 1

Capsule per day at breakfast.

#### INGREDIENTS:

#### QT. DAILY:

Calcium	99.72mg
Vitamin C	80mg
Magnesium	59.73mg
Phosphor	58.57mg
Iron	14mg
Vitamin B3	16mg
Manganese	2mg
Zinc	10mg
Vitamin E	12mg
<i>Vitis vinifera</i> , Vine	10mg
<i>Beta vulgaris</i> , Beetroot	40mg
<i>Daucus carota</i> , Carrot	10mg
Vitamin B5	6mg
<i>Ginkgo biloba</i> , Ginkgo	150mg
Copper	1000µg
Vitamin B6	1.4mg
Vitamin B2	1.4mg
Vitamin B1	1.1mg
Lutein	1mg
Vitamin A	800µg
Chromium	40µg
Lycopene	0.25mg
Folic Acid	200µg
Iodine	150µg
Selenium	55µg
Molybdenum	50µg
Biotin	50µg
Vitamin K1	75µg
B12 vitamin	2.5µg
Vitamin D3	5µg

YOUR



# MULTIVITAMIN

## FORMULA 03 - MAN

**PRESENTATION: 40 Capsules**

**HOW TO TAKE:** Take 1 capsule per day.

### INGREDIENTS:

Magnesium  
*Panax Ginseng*, Ginseng  
Zinc  
Biotin  
Selenium  
B12 vitamin

### QT. DAILY:

111.73mg  
142.51mg  
5.72mg  
31µg  
18µg  
1.41µg



# MULTIVITAMIN

## FORMULA 04

**PRESENTATION: 30 Capsules**

**HOW TO TAKE:** Take 1 capsule after breakfast.

### INGREDIENTS:

*Ginkgo Biloba*, Ginkgo  
*Bacopa monnieri*, Bacopa  
*Rhodiola rosea*, Rhodiola  
Zinc  
Potassium  
Vitamin B5  
Phosphor  
Vitamin B6

### QT. DAILY:

300mg  
60mg  
30mg  
5.5mg  
4.4mg  
3mg  
1.74mg  
0.7mg



# MULTIVITAMIN

**FORMULA 05 - (+50YEARS)**

**PRESENTATION: 30 Tablets**

**HOW TO TAKE:** Take 1

tablet per day.

## INGREDIENTS:

## QT. DAILY:

Magnesium	100mg
Vitamin C	120mg
Vitamin B3	16mg
Manganese	2mg
Vitamin E	16mg
Iron	5mg
Vitamin B5	7.5mg
Zinc	5mg
Vitamin B6	1.75mg
Vitamin B2	2.1mg
Vitamin B1	1.32mg
Copper	501µg
Vitamin A	667µg
Chromium	40µg
Folic Acid	300µg
Iodine	130µg
Molybdenum	50µg
Selenium	29.7µg
Vitamin K	24.5µg
Vitamin D3	5µg
B12 vitamin	3µg



# MULTIVITAMIN

**FORMULA 06 - (WOMAN +60 YEARS)**

**PRESENTATION: 30 Tablets**

**HOW TO TAKE:** Take 1  
tablet per day, after breakfast.

## INGREDIENTS:

Magnesium  
Iron  
Vitamin C  
Zinc  
Vitamin B3  
Manganese  
Vitamin B5  
Copper  
Vitamin B6  
Vitamin B2  
Vitamin B1  
Folic Acid  
Biotin  
Selenium  
Vitamin D3  
B12 vitamin

## QT. DAILY:

85mg  
23mg  
68mg  
7.5mg  
13mg NE  
0.85mg  
5mg  
850µg  
1.2mg  
1.2mg  
0.9mg  
340µg  
127µg  
46µg  
4µg  
2µg



# MULTIVITAMIN

## FORMULA 07 - WOMAN

**PRESENTATION: 30 Tablets**

**HOW TO TAKE:** Take 1  
tablet per day, with breakfast.

### INGREDIENTS:

Magnesium  
Calcium  
Iron  
Vitamin C  
Vitamin B3  
Vitamin E  
Manganese  
Zinc  
Vitamin B5  
Copper  
Beta-carotene  
Vitamin B6  
Vitamin B2  
Vitamin B1  
Folic Acid  
Iodine  
Biotin  
Selenium  
Vitamin D3  
B12 vitamin

### QT. DAILY:

111mg  
130.7mg  
15mg  
110mg  
14mg  
6mg  
1mg  
6.42mg  
6mg  
1000µg  
1mg  
1.6mg  
1.4mg  
1.2mg  
400µg  
191µg  
100µg  
25µg  
0.75µg  
2.5µg



# MULTIVITAMIN

## FORMULA 08 - MAN

**PRESENTATION: 30 Tablets**

**HOW TO TAKE:** Take 1  
tablet per day, with breakfast.

### INGREDIENTS:

### QT. DAILY:

Calcium	203mg
Magnesium	120mg
Vitamin C	120mg
Vitamin E	18mg
Vitamin B3	24mg
Manganese	2mg
Iron	2.1mg
Vitamin B5	9mg
Zinc	5mg
Vitamin B6	2.1mg
Vitamin B2	2.1mg
Vitamin B1	1.6mg
Copper	501µg
Vitamin A	800µg
	40µg
Chromium Folic Acid	300mg
Iodine	100mg
Molybdenum	50µg
Selenium	30µg
Biotin	62.5µg
Vitamin K1	30µg
Vitamin D3	10mg
B12 vitamin	7.5mg

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# MULTIVITAMINS



## FORMULA 09 + ENERGY

### PRESENTATION: 30 Tablets

#### HOW TO TAKE: Take 1

tablet per day, with breakfast.

#### INGREDIENTS:

#### QT. DAILY:

Magnesium	83.9mg
FOS	200mg
Calcium	74mg
Vitamin C Iron	120mg
Zinc	14mg
	20mg
Manganese	2.2mg
Vitamin B3	16mg
Vitamin E	12mg
Dried Ext. Panax ginseng, Ginseng Vitamin	80mg
B5 Copper	6mg
Vitamin	1000µg
B2 Vitamin B6	1.4mg
Vitamin B1	1.4mg
Vitamin A	1.1mg
Chromium	800µg
Folic	40µg
Acid Iodine	200µg
	145µg
Selenium	55µg
Vitamin K1	75µg
Biotin	50µg
Vitamin D3	5µg
Vitamin B12	2, 5µg

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# MULTIVITAMIN

## FORMULA 010 - + MAGNESIUM

**PRESENTATION: 30 Tablets**

**HOW TO TAKE:** Take 1  
tablet per day.

### INGREDIENTS:

Magnesium  
Vitamin C  
Vitamin B6  
Manganese  
Zinc  
Vitamin E  
Vitamin B5  
Vitamin B1  
Vitamin B2  
Copper  
Chromium  
Selenium  
Vitamin D3  
B12 vitamin

### QT. DAILY:

187mg  
80mg  
50mg  
2mg  
10mg  
12mg  
6mg  
5mg  
5mg  
1000µg  
40µg  
55µg  
5µg  
2.5µg



# MULTIVITAMIN

## FORMULA 011 - CHEWABLE

**PRESENTATION: 30 Chewable Tablets**

**HOW TO TAKE:** Chew 1  
tablet per day.

### INGREDIENTS:

Vitamin C  
Vitamin E  
Iron  
Vitamin B3  
Zinc  
Vitamin B5  
Manganese  
Vitamin B6  
Vitamin B1  
Vitamin B2  
Vitamin A  
Folic acid  
Biotin  
Iodine  
Selenium  
B12 vitamin  
Vitamin D3

### QT. DAILY:

50mg  
5.0mg  
4.5mg  
5.0mg  
2.8mg  
2.5mg  
0.50mg  
0.50mg  
0.50mg  
0.50mg  
330µg  
200µg  
50µg  
22.5µg  
12µg  
1.0µg  
3.0µg



# MULTIVITAMIN

## FORMULA 012

### PRESENTATION: 230ml

#### HOW TO TAKE: Children

**aged 4 to 14 years:** Take 1 teaspoon (2.5ml) 3 times a day before main meals (breakfast, lunch and dinner).

It can be diluted in water or juice.

**Adults and children over 14 years old:** Take 1 tablespoon (10ml) 3 times a day before main meals (breakfast, lunch and dinner).

It can be diluted in water or juice.

#### INGREDIENTS:

#### QT. DAILY:

#### QT. DAILY:

	7.5ml 4 to 14 years old	30ml > 14 years and Adults
Hydrophilic Ext. <i>Beta vulgaris</i> , <b>Beet</b> Hydrophilic	50mg	200mg
Ext. <i>Glycina hispida</i> , <b>Soy</b> Hydrophilic Ext .	33.8mg	135mg
<i>Melissa officinalis</i> , Cidreira Vitamina Greek Ext.	15mg	60mg
hydrophilic	15mg	60mg
<i>Avena sativa</i> , <b>Oats</b> Iron Vitamin B3 Potassium	11.3mg	45mg
Vitamin B5 Vitamin E Vitamin B1 Vitamin B2 Vitamin B6 Copper	6mg	24mg
Zinc	4.9mg	19.4mg
Vitamin	3.8mg	15mg
A Biotin	3mg	12mg
Folic Acid Vitamin D Vitamin B12	2.3mg	9mg
	2.3mg	9mg
	1.5mg	6mg
	1.5mg	6mg
	0.8mg	3mg
	0.8mg	3mg
	0.5mg	2.0mg
	0.3mg	1.2mg
	0.15mg	0.6mg
	0.15mg	0.6mg
	80µg	300µg
	0.04mg	0.15mg
	67.5µg	270µg
	18.8µg	75µg
	15µg	60µg
	0.4µg	1.5µg
	0.15µg	0.6µg

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# MULTIVITAMIN

## FORMULA 013 - COD LIVER OIL PRESENTATION: 250ml

### HOW TO TAKE: Adults:

Take 1 tablespoon (10ml) before each of the three main meals (breakfast, lunch and dinner), plain or diluted in water.

**Children:** Take 1 dessert spoon (5ml) twice a day (morning and evening), plain or diluted in water.

### INGREDIENTS:

### QT. DAILY: QT. DAILY:

	30ml Adults	10ml Children
Cod Liver Oil	41mg	13.6mg
Vitamin C	40mg	13.3mg
Vitamin A	720µg	240µg
Vitamin D	5µg	1.67µg

