



Supra Folic

DEPOT tablets

Food supplement



For normal cell division activity, blood formation and healthy blood vessels.

Folic acid is an essential vitamin required wherever cells are proliferating at high pace in the organism. This is the case for example in the intestine or in the skin where new cells are constantly being produced to replace used ones. Red blood cell formation and function also depends on a sufficient Folic acid supply.

High blood homocysteine, which impairs proper function of the blood vessels, constitutes an independent risk factor for cardiovascular diseases. **Folic acid together with Vitamin B₆ and Vitamin B₁₂** plays an important role in homocysteine metabolism. Nutritional supplementation with this trio of B-vitamins was shown to optimize the pathway leading to homocysteine elimination, which can be measured through lower blood homocysteine levels.

For various reasons (unbalanced diet, old age, pregnancy) the dietary supply of Folic acid is often not adapted to the actual physiological needs. Worse: because Folic acid is very sensitive to heat, cooking the Folic acid-containing vegetables results in great losses. So even when you think that your diet is balanced, your way of cooking might strongly influence your vitamin intake.

Woman intending or actively trying to conceive a child need an extra portion of Folic acid which promotes proper embryo development and contributes to reduce the risk of neural tube defects.

The Vitamins C and E duo of antioxidants is of great importance for cell function and protection: these vitamins are required to neutralize free radicals that attack structures in the cell (Vitamin C) or in the cell membranes (Vitamin E). A good supply of antioxidants also contributes to the proper function of blood vessels.

The right combination!

One tablet of **Doppelherz® aktiv Supra Folic** daily provides the nutrients needed for good rates of cell production (Folic acid + Vitamins B₆ and B₁₂) but also for optimal levels of protection (Vitamins C and E). This particular combination is also beneficial for the cardiovascular system by reducing the negative impact of homocysteine on the blood vessels.

A better assimilation rate through DEPOT time-release

The body can more efficiently assimilate low levels of micronutrients released over a long time than high levels released in a short time. This is what Doppelherz® aktiv DEPOT tablets achieve! Thanks to their special coating, DEPOT tablets release micronutrients in a timely manner for a better assimilation rate.

One tablet contains:

600 µg Folic acid, 6 mg Vitamin B₆, 5 µg Vitamin B₁₂, 300 mg Vitamin C and 36 mg Vitamin E.

Recommendation:

Take 1 tablet daily at meal with enough liquid. Do not chew. Tablets can be divided into halves, if necessary.

Do not exceed the stated recommended daily dose!

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

The product should be stored out of the reach of children.

Energetic value:

1 tablet corresponds to 4 kcal/16 kJ.

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