



## Food supplement

**A blend of vitamins, minerals and trace-elements released progressively during the day.**

Composition	Per tablet	Eyes	Hairs/Nails/Skin	Nerves
<b>Vitamins</b>				
Vitamin A	800 µg	Vitamin A, Zinc	Vitamin A, Biotin, Selenium, Copper, Zinc	Vitamin B1, B6, B12, Magnesium, Potassium, Niacin, Calcium, Pantothenate
Biotin	100 µg			
Vitamin B1	3.5 mg			
Vitamin B2	4 mg			
Vitamin B6	5 mg			
Vitamin B12	2.5 µg			
Vitamin C	150 mg	<b>Heart</b>	<b>Teeth</b>	<b>Body's defences</b>
Vitamin D	5 µg			
Vitamin E	24 mg			
Folic acid	450 µg	Vitamin B1, E, Folic acid, Niacin, Magnesium	Vitamin C, D, Calcium, Phosphate, Magnesium	Vitamin C, D, Zinc, Selenium, Iron
Vitamin K	20 µg			
Niacin	18 mg			
Pantothenate	12 mg			
<b>Minerals/trace elements</b>		<b>Muscle Tissue</b>	<b>Blood system</b>	<b>Thyroid gland</b>
Calcium	120 mg			
Magnesium	57 mg			
Chlorid	0.9 mg			
Chromium	25 µg			
Iron	2.1 mg	Vitamin B1, Magnesium, Calcium, Phosphate, Iron, Selenium	Iron, Molybdate, Copper, Vitamin B12, Folic acid, Vitamin K, Niacin, Pantothenate	Iodide, Selenium, Chromium
Iodide	100 µg			
Potassium	10 mg			
Copper	0.9 mg			
Manganese	0.9 mg			
Sodium	0.1 mg			
Molybdate	20 µg			
Phosphate	92 mg			
Selenium	10 µg			
Zinc	5 mg			
		<b>Energy metabolism</b>	<b>Bones</b>	<b>Cell protection</b>
		Vitamin B1, B6, B12, Niacin, Magnesium, Phosphate	Vitamin K, D, Calcium, Magnesium, Phosphate	Vitamin C, E, Selenium, Zinc

### Low micronutrient intake in the general population!

A balanced diet and a minimum of physical activity are the basic principles of healthy living. Well-being, mental and physical performances are greatly influenced by supplementation with essential vitamins, minerals and trace elements. Indeed, the proper function of a large number of metabolic reactions and cellular processes depends upon the presence of adequate levels of micronutrients. Shortage of only one micronutrient might impair several metabolic and regulatory pathways and can result in long-term consequences on health.

Micronutrients can neither be synthesized, nor can most of them be stored for extended periods by the organism. Therefore they have to be provided every day at optimal levels through food intake.

Unfortunately, many of us do not pay much attention to what they eat and do not adapt their diet to their nutritional needs. Pollution, smoking, illnesses, tiredness and stress are additional factors that might negatively impact on micronutrient status.

### Doppelherz® aktiv A-Z: a nutritional helping hand!

In all these situations, daily intake of one Doppelherz® aktiv A-Z tablet improves the micronutrient status and restores the physiological balance required for the organism for optimal function.

### DEPOT tablets: better low levels of micronutrients released over a long time than high levels released in a short time.

Indeed, the organism might not be able to assimilate large amounts of micronutrients supplied in a single highly-dosed tablet. In a physiological point of view the organism will benefit most of tablets which release progressively their micronutrients in the digestive tract. This is what Doppelherz® aktiv DEPOT tablets do! Thanks to their special coating, DEPOT tablets release their micronutrients in a timely manner for a better assimilation rate.

### Recommendation:

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

Do not exceed the stated recommended daily dosage!

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

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

Not for children under the age of 10 years.

### Energetic value:

1 tablet corresponds to 2 kcal/8 kJ.



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