

## PROFESSIONAL INFORMATION

### SCHEDULING STATUS: [50]

Category D: Complementary medicine.

Discipline: Discipline Specific  
33.7 Combination Product

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM -

## WELLNESS ESSENTIALS® MEN'S VITALITY, 30 Packets

### COMPOSITION

Each one (1) packet of WELLNESS ESSENTIALS® MEN'S VITALITY contains the following actives:

Proprietary Phytonutrient Blend of:	200 mg	Vitamin A (as Mixed carotenoids)	750 µg
Citrus bioflavonoid complex (5:1 extract standardized to 45% hesperidin-in), Green coffee ( <i>Coffea arabica</i> ) [bean extract standardized to 45% chlorogenic acid], Pomegranate ( <i>Punica granatum</i> ) [Whole fruit 225:1 extract standardized to 21.6 mg gallic acid equivalents (GAE)], Grape seed extract ( <i>Vitis vinifera</i> ) [Seed 12:1 extract standardized to 85% oligomeric proanthocyanidins], Blueberry ( <i>Vaccinium spp.</i> ) [Fruit 70:1 extract standardized to 20% total polyphenols and 15% anthocyanins], Green tea ( <i>Camellia sinensis</i> ) [Leaf 25:1 extract standardized to 60% catechins and 40% EGCG], Bitter melon ( <i>Momordica charantia</i> ) [Fruit 10:1 extract], Prune skin ( <i>Prunus domestica</i> ) [Fruit 10:1 extract standardized to 50% polyphenols], Watercress ( <i>Nasturtium officinale</i> ) [aerial parts 4:1 extract], Chinese cinnamon ( <i>Cinnamomum cassia</i> ) [bark powder], Indian gum Arabic tree ( <i>Acacia nilotica</i> ) [Bark and heartwood 5:1 extract standardized to 6% catechins], Rosemary ( <i>Rosmarinus folium</i> ) [Leaf 10:1 extract standardized to 7.6% min sum of carnosol+carnosic acid], Artichoke ( <i>Cynara scolymus</i> ) [Leaf extract containing cynarin and chlorogenic acid]		Vitamin H (as biotin)	250 µg
Vitamin C (as Ascorbic acid)	56 mg	Chromium (as Chromium polynicotinate)	100 µg
Vitamin B5 (as Calcium D-pantothenate)	37.5 mg	Vitamin B12 (as Methylcobalamin)	100 µg
Vitamin E (as D-alpha tocopheryl succinate)	33.5 mg	Iodine (as Potassium iodide)	75 µg
Magnesium (as Magnesium citrate)	20 mg	Vitamin K (as Phytionadione)	60 µg
Vitamin B3 (as Niacinamide)	18.75 mg	Selenium (as Selenium aspartate)	50 µg
Choline (as Choline bitartrate)	12.5 mg	Molybdenum (as Molybdenum aspartate complex)	25 µg
Myo-Inositol	12.5 mg	Vitamin D (as Cholecalciferol)	12.5 µg (500 I.U.)
Vitamin B1 (as thiamine mononitrate)	12.5 mg	Saw Palmetto ( <i>Serenoa repens</i> ) [Berry Extract standardized to 45% (144 mg) fatty acids and sterols]	320 mg
Vitamin B6 (as Pyridoxine HCl)	12.5 mg	Marine Lipid Concentrate [fish (sardine, anchovy; & mackerel) oil]	2.5 g
		EPA (Eicosapentaenoic acid)	860 mg
		DHA (Docosahexaenoic acid)	580 mg
		Other Omega-3 Fatty Acids	160 mg
Vitamin B2 (as Riboflavin)	7.5 mg	Tribulus ( <i>Tribulus terrestris</i> ) [Fruit 10:1 Extract standardized to 40% (100 mg) saponins]	250 mg
Zinc (as Zinc citrate)	7.5 mg	Ashwagandha ( <i>Withania somnifera</i> ) [Root 15:1 Extract standardized to 1% (2 mg) withanolides]	200 mg
Vitamin B3 (as Niacin)	6.25 mg	Stinging Nettle ( <i>Urtica dioica</i> ) [Root 10:1 Extract]	100 mg
Resveratrol (from Polygonum cuspidatum root extract)	5 mg	Cowage ( <i>Mucuna pruriens</i> ) [Seed 15:1 extract standardized to 20% (10 mg) levodopa]	50 mg
Vitamin C (as Ascorbyl palmitate)	4 mg	Glycine	50 mg
Lutein (from Marigold flowers ( <i>Tagetes erecta</i> ))	3 mg	L-Alanine	50 mg
Lycopene	3 mg	L-Glutamic Acid	50 mg
Zeaxanthin (from Marigold flowers ( <i>Tagetes erecta</i> ))	1 mg	Vitamin B6 (as pyridoxine HCl)	10 mg
Copper (as Copper citrate)	0.5 mg	Zinc (as zinc citrate)	7.5 mg
Manganese (as Manganese citrate)	0.25 mg	Lycopene	2 mg
Vitamin A (as Retinyl acetate)	750 µg	Vitamin D (as Cholecalciferol)	5 µg (200 I.U.)
Folate (as Calcium L-5-methyltetrahydrofolate)	400 µg		

**PhytoMulti Other Ingredients:** Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), coating [hypromellose medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (color)], and silica. Sugar Free

**OmegaGenics EPA-DHA 500 Other Ingredients:**

**Tetralin Other Ingredients:**

**HisSynergy Other Ingredients:**

**This product is dairy free, gluten free and is non-GMO. CONTAINS CAFFEINE**

### PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine

### INDICATION & PHARMACOLOGICAL ACTION

**WELLNESS ESSENTIALS® MEN'S VITALITY®** offers a convenient way to support men's overall wellness, featuring essential nutrients that promote cellular and cardiovascular health in a convenient once daily sachet. It also includes targeted herbal blends designed to enhance vitality, resilience and support healthy prostate and urinary function.



### CONTRA INDICATIONS:

If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take **WELLNESS ESSENTIALS® MEN'S VITALITY** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement. **Surgery:** Stop taking **WELLNESS ESSENTIALS® MEN'S VITALITY** at least two weeks before scheduled surgery. **Antibiotics:** Take your antibiotics 2 hours before or 4 hours after taking **WELLNESS ESSENTIALS® MEN'S VITALITY**.

**Laboratory tests:** Active ingredients in **WELLNESS ESSENTIALS® MEN'S VITALITY** may alter the results of tests. Please tell your healthcare practitioner that you are taking **WELLNESS ESSENTIALS® MEN'S VITALITY** before having any laboratory tests.

### INTERACTIONS

Always tell your healthcare professional if you are taking any other medicine. It is possible that exposure of certain supplement ingredients may interfere with certain medications. (See **Warnings & Special precautions**)

**DOSAGE AND DIRECTIONS FOR USE - Adults:** Take contents of one (1) packet daily or as directed by your healthcare practitioner.

**Do not take more than the recommended dose.**

### KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF ITS TREATMENT

See side-effects. **Treatment:** Discontinue use and consult your doctor, pharmacist or other healthcare professional for advice.

### WARNING AND SPECIAL PRECAUTIONS

Consult a registered healthcare professional if you are taking any other medicine (such as lithium) including chronic, complementary, or traditional medicines; or have high blood pressure, glaucoma, and/or detrusor instability (overactive bladder syndrome). Consumption with other medicines (e.g. bitter orange extract, synephrine, octopamine, ephedra, ephedrine) which increase blood pressure is not recommended. Use of caffeine may result in sleep deprivation.

Consumption with other caffeine-containing products or foods (e.g. medications, coffee, tea, colas, cocoa, guarana, maté) is not recommended. Should you have any of the following diagnosed conditions, consult with your healthcare professional before use:

Bleeding disorders, Heart disease, Diabetes, Head and neck cancer, Weak and brittle bones (osteoporosis), Prostate cancer, An inherited eye condition that causes poor night vision and loss of side vision (retinitis pigmentosa), Stroke, Liver disease, Post-surgical stent placement, Weight loss surgery, Procedures to widen narrowed arteries (angioplasty), Seizure disorder. If you are taking the following medication, please consult with your healthcare professional before taking:

Chemotherapy, blood clotting (Anticoagulant / Antiplatelet drugs), Warfarin (Coumadin), Antibiotics for Cancer (Antitumor Antibiotics), Antibiotics (Tetracycline antibiotics), Amiodarone (Cordarone), Phenobarbital (Luminal), Medications for high blood pressure (antihypertensive drugs), 5-Fluorouracil, Medications for diabetes (Antidiabetic drugs) If any of the following happens, stop using **WELLNESS ESSENTIALS® MEN'S VITALITY** and tell your doctor or go to the casualty department at your nearest hospital: Allergic reactions—rash, itching/swelling (especially of the face / tongue / throat), severe dizziness, trouble breathing; These are all very serious effects. If you have them, you may have had a serious reaction to **WELLNESS ESSENTIALS® MEN'S VITALITY**. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue): nausea/vomiting. These are all very serious effects. If you have them, you may have had a serious reaction to **WELLNESS ESSENTIALS® MEN'S VITALITY**. You may need urgent medical attention or hospitalisation. Seek advice from a healthcare professional if you have any medical condition. Discontinue use immediately should any adverse reaction occur. Read this leaflet carefully because it contains important information for you. This product is available without a doctor's prescription.

• Keep this leaflet. You may need to read it again.

• Do not share medication with any other person.

• Ask your pharmacist if you need more information or advice.

• You must consult a doctor should your condition worsen or does not improve.

**DO NOT USE THIS PRODUCT:**

• If you are hypersensitive (allergic) to any of the ingredients listed.

• Do not accept this package if seals are broken.

### STORAGE INSTRUCTION

Store in a cool, dark place, below 25 °C. Protect from direct sunlight and heat. Store in the original bottle. Keep the bottle tightly closed. Replace the protective cap after each use. Do not use after the expiry date stated on the bottle. Do not use **WELLNESS ESSENTIALS® MEN'S VITALITY** if you notice visible signs of deterioration.

### IDENTIFICATION

Each packet contains: 1 PhytoMulti tablet (green), 2 OmegaGenics EPA-DHA 720 softgels (golden yellow), 1 HisSynergy tablet, 1 Ultra Concentrated Prostagren

**PRESENTATION -** Branded carton with individually packed packets.

### SIDE EFFECTS

Should your general health worsen, or if you experience any untoward effects while being exposed to this product, please consult your doctor, pharmacist or other healthcare professional for advice.

**REGISTRATION NUMBER -** To be allocated by SAHPRA upon registration. This medicine has not been evaluated by SAHPRA for quality, safety, or intended use.

### NAME AND BUSINESS ADDRESS OF APPLICANT

**Distributed by:** Amipro Advanced Development Products (Pty) Ltd Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension, Sandton, 2146; Tel: 011-802-8101

### DATE OF PUBLICATION

To be allocated by the regulatory authority.

Ingredient	Use for Ingredient
Vitamin C (as Ascorbic acid)	Boosts immune function, collagen production, and skin health.
Vitamin B5 (as Calcium D-pantothenate)	Supports energy metabolism and promotes healthy skin, hair, and eyes.
Vitamin E (as D-alpha tocopheryl succinate)	Acts as an antioxidant, protecting cells and supporting skin health.
Magnesium (as Magnesium citrate)	Supports muscle function, bone health, and relaxation.
Vitamin B3 (as Niacinamide)	Improves skin health, reduces inflammation, and supports metabolism.
Choline (as Choline bitartrate)	Supports brain function, liver health, and fat metabolism.
Myo-Inositol	Supports hormonal balance, particularly in managing PCOS.
Vitamin B1 (as thiamine mononitrate)	Essential for energy production and nervous system health.
Vitamin B6 (as Pyridoxine HCl)	Supports brain function, mood, and red blood cell production.
Vitamin B2 (as Riboflavin)	Supports energy metabolism, skin health, and red blood cell function.
Zinc (as Zinc citrate)	Supports immune health, skin health, and wound healing.
Vitamin B3 (as Niacin)	Supports energy production, reduces cholesterol, and enhances skin health.
Resveratrol (from <i>Polygonum cuspidatum</i> root extract)	Provides antioxidant support, promotes heart health, and slows aging.
Vitamin C (as Ascorbyl palmitate)	Fat-soluble form of vitamin C, supporting antioxidant activity and skin health.
Lutein (from Marigold flowers [ <i>Tagetes erecta</i> ])	Supports eye health, particularly in protecting against age-related macular degeneration.
Lycopene	Provides antioxidant protection, supports prostate health, and reduces oxidative stress.
Zeaxanthin (from Marigold flowers [ <i>Tagetes erecta</i> ])	Supports eye health, especially in preventing macular degeneration.
Copper (as Copper citrate)	Essential for red blood cell formation, immune function, and nerve health.
Manganese (as Manganese citrate)	Supports bone health, metabolism, and acts as an antioxidant.
Vitamin A (as Retinyl acetate)	Promotes vision, skin health, and immune function.
Folate (as Calcium L-5-methyltetrahydrofolate)	Supports DNA synthesis, red blood cell production, and fetal development.

Document reference: WEMV30P.P1.V1 02-25

## PROFESIONELE INLIGTINGSBLAD

SKEDULERINGSSTATUS: **50**

Kategorie D: Komplementêre medisyne.

Dissipline: Dissiplinespesifiek

33.7 Kombinasie produk

HANDELSNAAM EN DOSEERVORM,

## WELLNESS ESSENTIALS® MEN'S VITALITY,

### 30 Pakkies

#### FARMAKOLOGIESE KLASSIFIKASIE

Komplementêre medisyne

#### AANDUIDING EN FARMAKOLOGIESE WERKING

**WELLNESS ESSENTIALS® MEN'S VITALITY** bied 'n gerieflike manier om

ondersteun mans se algehele welstand, met noodsaaklike voedingstowwe wat

Bevorder sellulêre en kardiovaskulêre gesondheid in 'n gerieflike sakkie een keer per dag.

Dit sluit ook geteikende kruiegemengsels in wat ontwerp is om vitaliteit, veerkragtigheid te verbeter en gesonde prostaat- en urinêre funksie te ondersteun.

#### KONTRA-INDIKASIE:

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou

gesondheidsorgpraktisyn te raadpleeg nie. Moenie **WELLNESS ESSENTIALS® MEN'S VITALITY** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie.

As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanvulling neem. **Chirurgie:** Hou op om **WELLNESS ESSENTIALS® MEN'S VITALITY** ten minste twee weke voor die geskeduleerde operasie te neem.

**Antibiotika:** Neem jou antibiotika 2 ure voor of 4 ure na die neem van **WELLNESS ESSENTIALS® MEN'S VITALITY**. **Laboratoriumtoets:** Aktiewe bestanddele in **WELLNESS ESSENTIALS® MEN'S VITALITY** kan die resultate van toets verander.

Vertel asseblief jou gesondheidsorgpraktisyn dat jy **WELLNESS ESSENTIALS® MEN'S VITALITY** neem voordat jy enige laboratoriumtoets ondergaan.

#### INTERAKSIE

Vertel altyd jou gesondheidsorgpraktisyn as jy enige ander medisyne gebruik. Dit is

moontlik dat blootstelling van sekere aanvullingsbestanddele met sekere medisyne 'n interaksie mag hê. (Sien **Waarskuwings en Spesiale voorsorgmaatreëls**)

#### DOSES EN AANWYSLINGS VIR GEBRUIK

**Volwassenes:** Neem die inhoud van een (1) pakkie daaglik of soos voorgeskryf deur

jou gesondheidspraktisyn.

**Moenie meer as die aanbevole dosis neem nie.**

#### WAARSKUWING EN SPESIALE VOORSORGMAATREËLS

Raadpleeg 'n geregistreerde gesondheidspraktisyn as jy enige ander medisyne

(soos luttim) neem, insluitend chroniese, aanvullende of tradisionele medisyne; of

hoë bloeddruk, glukoosom en / of detrusor-onstabiliteit (oorktiwwe blaasindroom) het.

Verbruik met ander medisyne (bv. bitter lioen uitreksel, synephrine, octopamine, ephedra, eferdien) wat bloeddruk verhoog, word nie aanbeveel nie.

Die gebruik van kafeien kan lei tot slaaptkort. Verbruik met ander kafeienbevattende produkte of voedsel (bv. medikasie, koffie, tee, colas, kakao, guarana, matê) word nie aanbeveel nie.

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#### WAARSKUWING EN SPESIALE VOORSORGMAATREËLS

Raadpleeg 'n geregistreerde gesondheidspraktisyn as jy enige ander medisyne

Ingredient	Use for Ingredient
Vitamin A (as Mixed carotenoids)	Supports vision, immune health, and skin health.
Vitamin H (as biotin)	Promotes healthy hair, skin, nails, and supports metabolism.
Chromium (as Chromium polynicotinate)	Helps regulate blood sugar levels and supports healthy metabolism.
Vitamin B12 (as Methylcobalamin)	Supports nerve function, red blood cell formation, and energy metabolism.
Iodine (as Potassium iodide)	Essential for thyroid function and metabolic regulation.
Vitamin K (as Phytanadione)	Supports blood clotting and bone health.
Selenium (as Selenium aspartate)	Provides antioxidant support and supports thyroid function.
Molybdenum (as Molybdenum aspartate complex)	Supports enzyme activity in the body and detoxification.
Vitamin D (as Cholecalciferol)	Promotes bone health, immune function, and calcium absorption.
Saw Palmetto ( <i>Serenoa repens</i> )	Supports prostate health and urinary function.
Marine Lipid Concentrate – EPA, DHA	Supports heart health, brain function, and reduces inflammation.
Tribulus ( <i>Tribulus terrestris</i> )	Promotes athletic performance, supports testosterone levels, and enhances libido.
Ashwagandha ( <i>Withania somnifera</i> )	Reduces stress, promotes energy, and supports hormone balance.
Stinging Nettle ( <i>Urtica dioica</i> )	Supports joint health.
Cowage ( <i>Mucuna pruriens</i> )	Supports mood, reduces stress, and enhances dopamine production.
Glycine	Supports sleep quality, muscle function, and collagen synthesis.
L-Alanine	Supports energy production and muscle function.
L-Glutamic Acid	Aids in protein synthesis and supports brain function.
Vitamin B6 (as pyridoxine HCl)	Supports brain function, mood, and red blood cell production.
Zinc (as zinc citrate)	Supports immune function, skin health, and wound healing.
Lycopene	Acts as an antioxidant, supports prostate health, and protects against oxidative stress.
Vitamin D (as Cholecalciferol)	Promotes bone health, immune function, and calcium absorption.

## WAARSKUWING EN SPESIALE VOORSORGMAATREËLS

Indien jy enige van die volgende gediagnoseerde toestande het,

raadpleeg jou gesondheidsorgpraktisyn vir gebruik:

bloedingsversteurings, hartsiekte, diabetes, kop- en nekkanke, swak en bros bene (osteoporose), prostaatanker, 'n oorgevulde oegtoestand wat

swak nagsig en verlies aan visie (retinitis pigmentosa) veroorsaak, beroerte, lewersiekte, post-chirurgiese stentplasing,

Gewigsverlieschirurgie, prosedures om vernoude are (angioplastie) te

verbreed, beslagleggingsverstering.

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verbreed, beslagleggingsverstering.

#### SAMESTELING

Elke een (1) pakkie van **WELLNESS ESSENTIALS® MEN'S VITALITY** bevat die

volgende aktiewe stowwe:

Elke pakkie bevat: 1 PhytoMulti tablet (groen), 2 OmegaGenics EPA-DHA

720 softgels (goudgeel), 1 HisSynergy tablet, 1 Ultra Concentrated

Prostagten

Eie Phytonutriënt Blend van:	200 mg	Vitamin A (as gemengde karotenoïede)	750 µg
Sitrus bioflavoïed kompleks [S: 1 uittreksel gestandaardiseer tot 45% hesperid- in]. Groen koffie (Coffea racibica) [boontjie uittreksel gestandaardiseer tot 45% chlorogenic suur]. Granaat (Punica granatum) [heel vrugte 225: 1 uittreksel gestandaardiseer tot 21,6 mg galien-suurequivalente (GAE)]. Druivesaad uittreksel (Vitis vinifera) [Saad 12:1 uittreksel gestandaardiseer tot 85% oligomere proantosianidene]. Bloubessie (Vaccinium spp.) [Vrugte 70: 1 uittreksel gestandaardiseer tot 20% totale polifenole en 15% antosianiene]. Groen tee (Camellia sinensis) [Blaar 25: 1 uittreksel gestandaardiseer tot 60% katekine en 40% EGCG]. Bitter spanspek (Momordica charantia) [Vrugte 10: 1 uittreksel]. Snoeiwel (Prunus domestica) [Vrugte 10: 1 uittreksel gestandaardiseer tot 50% polifenole]. Waterkers (Nasturtium officinale) [lugdele 4: 1 uittreksel]. Chinese kaneel (Cinnamomum cassia) [banspeier]. Indiese gom Arabiese boom (Acacia nilotica) [Bas en kernhout S: 1 uittreksel gestandaardiseer tot 6% katekine]. Roosmaryn (Rosmarin folium) [Blaar 10: 1 uittreksel gestandaardiseer tot 7,6% minimum som van karnosol + karnosiensuur]. Artsjok (Cynara scolymus) [Blaarekstrak wat sinien en chloorgene suur bevat].	Vitamin H (as biotien)	250 µg	
Vitamin C (as askorbiensuur)	56 mg	Chroom (as chroompoliconitinaat)	100 µg
Vitamin B5 (as kalsium D-pantotienaat)	37,5 mg	Vitamin B12 (as metielkobalamin)	100 µg
Vitamin E (as D-alfa-tokofolyluksinaat)	33,5 mg	Jodium (as kaliumjodied)	75 µg
Magnesium (as magnesiumsitraat)	20 mg	Vitaminien K (as Phytonadione)	60 µg
Vitamin B3 (as Niacinamide)	18,75 mg	Selenium (as Selenium aspartaat)	50 µg
Cholien (as Cholienbitartraat)	12,5 mg	Molibdeen (as Molibdeen aspartaatkompleks)	25 µg
Myo-Inositol	12,5 mg	Vitamin D (as Cholecalciferol)	12,5 µg (500 IE)
Vitamin B1 (as thiaminmonittraat)	12,5 mg	Saagpalmetto (Serenoa repens) [Besie-uittreksel gestandaardiseer tot 45% (144 mg) veture en sterole]	320 mg
Vitamin B6 (as Pyridoxine HCl)	12,5 mg	EPA (Eicosapentaensuur) / DHA (Dokosahexaensuur) / Ander Omega-3-veture	2,5 gram
Vitamin B2 (as riboflavin)	7,5 mg	Tribulus (Tribulus terrestris) [Vrugte 30:1 Uittreksel gestandaardiseer tot 40% (100 mg) saponiene]	860 mg
Sink (as sinkitraat)	7,5 mg	Ashwagandha (Withania somnifera) [Wortel 15:1 Uittreksel gestandaardiseer tot 1% (2 mg) withanoliede]	580 mg
Vitamin B3 (as niasien)	6,25 mg	Brandnetel (Urtica dioica) [Wortel 10:1 Uittreksel]	160 mg
Resveratrol (van Polygonum cuspidatum wortel uittreksel)	5 mg	Cowage (Mucuna pruriens) [Saad 15:1 uittreksel gestandaardiseer tot 20% (10 mg) levodopa]	250 mg
Vitamin C (as askorbylpalmitaat)	4 mg	Glisen	50 mg
Luteien [van goedsbloemfiosers (Togetes erecta)]	3 mg	L-alanien	50 mg
Likopeen	3 mg	L-glutamiensuur	50 mg
Zeaxanthin [van goedsbloemfiosers (Togetes erecta)]	1 mg	Vitamin B6 (as piridoksien HCl)	10 mg
Koper (as koperstraat)	0,5 mg	Sink (as sinkitraat)	7,5 mg
Mangan (as mangansitraat)	0,25 mg	Likopeen	2 mg
Vitamin A (as retinielasetaat)	750 µg	Vitamin D (as Cholecalciferol)	5 µg (200 IE)
Folaat (as kalsium L-5-metietetrahidrofolaat)	400 µg		

**PhytoMulti: Ander Bestanddele:** Mikrokrystalynse selulose, croskarmellose-natrium, selulose, steariensuur (groente), laag [hypermolese-mediumketting trigliesiede, hidroksipropylselulose, en natriumkoper, chlorofliien (kleur)], en silika. Suikervry **OmegaGenics EPA-DHA 500 Ander Bestanddele:** Testralin Ander Bestanddele: Synergy Ander bestanddele: Hierdie produk is suiwerly, glutenvry en is nie-GGO. BEVAT PAFÉÏEN

**AANBIEDING**  
Handelsmerkkaart met individueel verpakte pakkies.  
**REGISTRASIE NOMMER**  
Om by registrasie deur SAHPRA toegeen te word.  
Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

Ingredient	Use for Ingredient
Vitamin C (as Ascorbic acid)	Boosts immune function, collagen production, and skin health.
Vitamin B5 (as Calcium D-pantothenate)	Supports energy metabolism and promotes healthy skin, hair, and eyes.
Vitamin E (as D-alpha tocopheryl succinate)	Acts as an antioxidant, protecting cells and supporting skin health.
Magnesium (as Magnesium citrate)	Supports muscle function, bone health, and relaxation.
Vitamin B3 (as Niacinamide)	Improves skin health, reduces inflammation, and supports metabolism.
Choline (as Choline bitartrate)	Supports brain function, liver health, and fat metabolism.
Myo-inositol	Supports hormonal balance, particularly in managing PCOS.
Vitamin B1 (as thiamine mononitrate)	Essential for energy production and nervous system health.
Vitamin B6 (as Pyridoxine HCl)	Supports brain function, mood, and red blood cell production.
Vitamin B2 (as Riboflavin)	Supports energy metabolism, skin health, and red blood cell function.
Zinc (as Zinc citrate)	Supports immune health, skin health, and wound healing.
Vitamin B3 (as Niacin)	Supports energy production, reduces cholesterol, and enhances skin health.
Resveratrol (from Polygonum cuspidatum root extract)	Provides antioxidant support, promotes heart health, and slows aging.
Vitamin C (as Ascorbyl palmitate)	Fat-soluble form of vitamin C, supporting antioxidant activity and skin health.
Lutein (from Marigold flowers (Tagetes erecta))	Supports eye health, particularly in protecting against age-related macular degeneration.
Lycopene	Provides antioxidant protection, supports prostate health, and reduces oxidative stress.
Zeaxanthin (from Marigold flowers (Tagetes erecta))	Supports eye health, especially in preventing macular degeneration.
Copper (as Copper citrate)	Essential for red blood cell formation, immune function, and nerve health.
Manganese (as Manganese citrate)	Supports bone health, metabolism, and acts as an antioxidant.
Vitamin A (as Retinyl acetate)	Promotes vision, skin health, and immune function.
Folate (as Calcium L-5-methyltetrahydrofolate)	Supports DNA synthesis, red blood cell production, and fetal development.
Vitamin A (as Mixed carotenoids)	Supports vision, immune health, and skin health.
Vitamin H (as biotin)	Promotes healthy hair, skin, nails, and supports metabolism.
Chromium (as Chromium polynicotinate)	Helps regulate blood sugar levels and supports healthy metabolism.
Vitamin B12 (as Methylcobalamin)	Supports nerve function, red blood cell formation, and energy metabolism.
Iodine (as Potassium iodide)	Essential for thyroid function and metabolic regulation.
Vitamin K (as Phytonadione)	Supports blood clotting and bone health.
Selenium (as Selenium aspartate)	Provides antioxidant support and supports thyroid function.
Molybdenum (as Molybdenum aspartate complex)	Supports enzyme activity in the body and detoxification.
Vitamin D (as Cholecalciferol)	Promotes bone health, immune function, and calcium absorption.
Saw Palmetto (Serenoa repens)	Supports prostate health and urinary function.
Marine Lipid Concentrate – EPA, DHA	Supports heart health, brain function, and reduces inflammation.
Tribulus (Tribulus terrestris)	Promotes athletic performance, supports testosterone levels, and enhances libido.
Ashwagandha (Withania somnifera)	Reduces stress, promotes energy, and supports hormone balance.
Stinging Nettle (Urtica dioica)	Supports joint health.
Cowage (Mucuna pruriens)	Supports mood, reduces stress, and enhances dopamine production.
Glycine	Supports sleep quality, muscle function, and collagen synthesis.
L-Alanine	Supports energy production and muscle function.
L-Glutamic Acid	Aids in protein synthesis and supports brain function.
Vitamin B6 (as pyridoxine HCl)	Supports brain function, mood, and red blood cell production.
Zinc (as zinc citrate)	Supports immune function, skin health, and wound healing.
Lycopene	Acts as an antioxidant, supports prostate health, and protects against oxidative stress.
Vitamin D (as Cholecalciferol)	Promotes bone health, immune function, and calcium absorption.

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