

CVitaMax Vitamin C500+Selenium+D3+Zinc

Read the entire leaflet carefully. It contains important information. Keep the leaflet, you may need to read it again. If you need more information or advice, ask your pharmacist.

In this leaflet you will find:

1. What does CVitaMax Vitamin C500+Selenium+D3+Zinc contain
2. What is the purpose of CVitaMax Vitamin C500+Selenium+D3+Zinc
3. What is CVitaMax Vitamin C500+Selenium+D3+Zinc
4. Before taking CVitaMax Vitamin C500+Selenium+D3+Zinc
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6. How to store CVitaMax Vitamin C500+Selenium+D3+Zinc

1. What does CVitaMax Vitamin C500+Selenium+D3+Zinc contain

Active ingredients in 1 sachet	Recommended daily dose of 2 sachets	NRV*
Vitamin C / ascorbic acid / – 500 mg	1000 mg	1250%
Zink / zinc citrate / – 7,5 mg	15 mg	150%
Selenium / as sodium selenite / – 100 µg	200 µg	362%
Vitamin D / cholecalcoferol / – 10 µg	20 µg	400%

Ingredients: erythritol as excipient, ascorbic acid, silicon dioxide as anti-caking agent, malic acid as acidity regulator, apple flavouring, sodium cyclamate as sweetener, zinc citrate, sodium selenite, cholecalciferol.

NRV* - nutritional reference values

2. What is the purpose of CVitaMax Vitamin C500+Selenium+D3+Zinc

- Contributes to the normal function of the immune system.
- Protects cells from oxidative stress.
- Reduces the feeling of tiredness and fatigue.
- During mental and physical exertion.
- Contributes to normal cognitive function.

3. What is the purpose of CVitaMax Vitamin C500+Selenium+D3+Zinc

CVitaMax Vitamin C500+Selenium+D3+Zinc is a food supplement in the form of orodispersible sachets that allow convenient intake and maximum absorption of the ingredients.

Vitamin C contributes to:

- strong immune system
- protection of cells from oxidative stress
- collagen formation for the normal function of bones, cartilage, skin, teeth, gums and blood vessels
- the normal functioning of the nervous system
- maintaining normal mental function
- body maintenance during and after intense physical exercise.

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- the absorption of iron in the body
- reducing the feeling of tiredness and fatigue

Zinc and selenium contribute to:

- the normal function of the immune system
- the metabolism of micro- and macronutrients
- protein synthesis
- maintaining healthy bones, hair, nails and skin
- maintaining normal vision
- normal cognitive function

Vitamin D contributes to:

- the absorption of calcium and phosphorus in the body
- maintaining healthy bones, muscles and teeth
- the process of cell division

4. Before taking CVitaMax Vitamin C500+Selenium+D3+Zinc

The food supplement CVitaMax Vitamin C500+Selenium+D3+Zinc contains a sweetener. Do not take it if you are hypersensitive to any of the ingredients. Do not exceed the recommended dose. Do not use as a substitute for a varied diet and a healthy lifestyle.

5. How to take CVitaMax Vitamin C500+Selenium+D3+Zinc

Two sachets a day. The contents of the sachet are taken directly by the mouth, no liquid needed.

6. How to store CVitaMax Vitamin C500+Selenium+D3+Zinc

At a moderate temperature (15-30°C) away from moisture and direct sunlight. Do not use after the expiry date indicated on the box and the sachet. Keep out of the reach of small children!

Manufacturer:

Ramcopharm Ltd.

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