

# Gold-Vit Complex + Magnesium



food supplement

## VITAMINS + 100 mg MAGNESIUM in 1 tablet!

Gold-Vit complex + Magnesium is a food supplement in the form of effervescent tablets containing a complex composition of vitamins, including vitamin B6 and a highly absorbable form of magnesium amino acid chelate Albion® (magnesium bisglycinate).

Providing relevant portions of vitamins enhances proper processes occurring in the body. Magnesium and vitamin B6 are responsible for proper functioning of the nervous system, affect the reduction of tiredness and fatigue and contribute to proper psychological functions. Additionally, both magnesium and vitamin B6 help to maintain normal energy metabolism of the body.

## Composition

Nutrition information	1 tablet	*% NRV
Vitamin C	80 mg	100%
Vitamin E (á-TE)	12 mg	100%
Niacin (NE)	16 mg	100%

<b>Vitamin B1</b>	1,1 mg	100%
<b>Vitamin B2</b>	1,4 mg	100%
<b>Folic acid</b>	200 µg	100%
<b>Vitamin B12</b>	2,5 µg	100%
<b>Biotyna</b>	50 µg	100%
<b>Pantothenic acid</b>	6 mg	100%
<b>Vitamin B6</b>	<b>2,1 mg</b>	150%
<b>Magnesium</b>	<b>100 mg</b>	27%

\*% NRVs\* - nutrient reference values

The product contains sweeteners.

**Ingredients:** acidity regulator - citric acid, magnesium bisglycinate (magnesium amino acid chelate Albion®) - magnesium, acidity regulator - sodium carbonates, bulking agent - sorbitol, flavours, stabilizer - polyethylene glycol, sweeteners - sodium cyclamate, acesulfame K, L-ascorbic acid - vitamin C, DL-alpha-tocopheryl acetate - vitamin E, niacinamide - niacin, calcium D-pantothenate - pantothenic acid, pyridoxine hydrochloride - vitamin B6, riboflavin - vit. B2, thiamine mononitrate - vitamin B1, cyanocobalamin - vitamin B12, pteroyl-L-glutamic acid - folate, D-biotin - biotin; colour - beta-carotene (for orange flavour).

## Purpose

**Product intended:** as a food supplement for adults, physically and mentally active, seeking to supplement their daily diet with vitamins, and as a preparation helping to cover body's demand for magnesium - an element beneficial for the proper functioning of muscles, nervous system and reducing tiredness and fatigue.

## Recomendation

**Recommended use:** dissolve 1 tablet in 150 ml of water. Best served chilled.

*Do not exceed the recommended daily dose.*

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

*A varied and balanced diet and a healthy lifestyle are recommended.*

**Note:** Do not use in case of hypersensitivity to any of its components.