

# Spoko LOKO



food supplement

## Reduce motion sickness

For anyone aged 6 years or over!

A dietary supplement in the form of enteric-coated tablets containing ginger rhizome extract and vitamin B6.

Ginger extract is conducive to maintaining comfort when travelling by helping to relieve the feeling of nausea. The product has been additionally supplemented with vitamin B6, which contributes to the reduction of tiredness and fatigue.

## Composition

Nutritional information	1 tablet	2 tablets	3 tablets
<b>Ginger rhizome extract (Zingiber officinale L.)</b>	150 mg	300 mg	450 mg
<b>Vitamin B6</b>	1,4 mg (100%*)	2,8 mg (200%*)	4,2 mg (300%*)

\*NRV - Nutrient Reference Value

**Components:** ginger rhizome extract(Zingiber officinale L.) bulking agents- microcrystalline cellulose, isomalt; food colouring - titanium dioxide; glazing agent - polyethylene glycol; bulking

agent- cross-linked sodium carboxymethyl cellulose salt; potato starch; anti-caking agent - magnesium salts of fatty acids, silicon dioxide; pyridoxine hydrochloride - vitamin B6, food colouring.

## Purpose

**Purpose:** for children aged 6 years and over and adults who experience discomfort during travel.

## Recommendation

**Recommended daily intake:** Children over 6 years of age: 1 tablet half an hour before the planned trip and another one during travel. Adults: 2 tablets half an hour before the planned trip and another one during travel. Swallow the tablet whole with water. Do not exceed the recommended daily intake, i.e. two tablets for children and three tablets for adults. Dietary supplements cannot be used as a substitute for a balanced diet. Maintaining a balanced diet and healthy lifestyle is recommended.

1 tablet contains 150 mg of ginger rhizome extract, which is equal to 450 mg of ginger rhizome.