



### VITA SPORT

**Vita Sport** is a dietary supplement which contains a complex of vitamins and minerals enriched in antioxidants for physically active people.

### Contents

Vitamins (A, D3 , E, K1, C, B1 , B2, B6 , B12 , B3 , B5 , B8, B9) and minerals (iron , zinc, copper , manganese, chromium and selenium) .

### Price

39,00 Frs per unit of 100 capsules.

### Utilisation

Take 1 capsule a day with liquid.

[Analyse Vita Sport](#)

**Advice** Use during a meal for better efficiency. **Caution**

Do not exceed the prescribed dose. Keep out of children. To be used in addition to a varied diet.

### Indications

The functions of vitamins and minerals.

**Vitamin A** is necessary for growth. It Participates in visual function / cell differentiation.

Helps maintain tissues, epidermis and mucous membranes. As an antioxidant can fix radical oxygen.

**Vitamin B1** (thiamine) is needed to maintain the metabolism of carbohydrates (sugars, starch) and

the provision / release of energy. Is necessary for the proper functioning of the nervous system.

**Vitamin B2** (riboflavin) spoke in the energy metabolism process. Is necessary for growth. Is necessary

for hematopoiesis (blood formation). Contributes to maintien tissue entirety, epidermis and mucous

membranes.

**Niacin** (vitamin PP) Is necessary for the proper functioning of the skin, nervous system and basal

metabolism.

**Vitamin B6** is necessary for protein metabolism and their components (peptides and amino acids).

**Vitamin B12** is necessary for hematopoiesis (blood formation).

**Folic acid** is required for hematopoiesis (blood formation). Is necessary to the development of

neural tube defects in the fetus.

**Vitamin C** is necessary to maintain the skeleton, teeth, gums and blood vessels healthy. Involved

in iron absorption. It also has a function of an soluble antioxidant.

**Vitamin D** is use to maintain healthy bones, especially in children and the elderly.

Regulates the absorption of calcium and phosphate.

**Vitamin E** is needed to maintain muscle function. Stabilizes the unsaturated fatty acids and cell

membranes. As an antioxidant can fix free radicals.

**Vitamin K** is Needed for blood clotting.

**Biotin** is involved in the metabolism of amino acids.

**Pantothenic acid** spoke in the energy metabolism process.

**Calcium** is an important constituent of bones and teeth. Plays an important role in nerve

transmission and muscle contraction. This mineral is essential for the formation of bones and

teeth.

For healthy bones and teeth.

**Iron** is necessary for synthesis of hemoglobin and the transport of oxygen in the tissue

to the energy production.

**Iodine** is necessary for the proper functioning of the thyroid gland.

Combined **calcium phosphorus** is an important constituent of bone and is necessary for cellular

functions.

**Magnesium** is a constituent of bone and teeth. Plays an important role in energy metabolism.

Is essential for proper muscle function and energy metabolism. Plays a role in the formation of the skeleton.

Plays an important role in nerve transmission and muscle contraction.

**Zinc** spoke in various metabolic functions. It plays a role in a large number of metabolic processes.

Is necessary for the endogenous synthesis of proteins. Is necessary for metabolism of proteins, carbohydrates, lipids and energy.

**Selenium** protects the body from oxidation reactions. It has an antioxidant effect. As antioxidants can

fix the oxygen free radicals and highly reactive compounds. Are important for cell maintenance and operation. It Helps to maintain cell functions.

*In accordance with No. II of the Ordinance of the DFI 11 May 2009, in force since May 25, 2009 (RO 2009 2025).*

*81 RS 817.022.32 Foodstuffs and Utility Articles 52, 817.022.21.*