

**INDICATIONS:** LIVE VITAMINS is a complex of vital vitamins, minerals and microelements meant to promote good health and enhance the immune system. It supports the normal function of the thyroid gland and the brain, improves vision and maintains healthy levels of blood glucose and hemoglobin. Reduces muscle fatigue and weakness. Facilitates metabolism of nutritional substances in the body and provides normal growth in kids. Supports healthy hair, skin, nails, as well as bones and teeth. Has a positive effect on sexual function, particularly in men. A powerful antioxidant.

**ACTION:** LIVE VITAMINS is a balanced formula of vitamins and minerals, specifically chosen to maintain health and normal functioning of vital organs and systems in the human body. The complex action of the ingredients of LIVE VITAMINS contributes to:

- **the normal function of the immune system** – with the complex of iron, copper, selenium, vitamin A, vitamin D, vitamin B6, vitamin B12 and vitamin C. It supports the normal function of the immune system, while vitamin C supports its functions during and after intense exercise.

- **the normal function of the cardiovascular system** – with the complex of calcium, iron, vitamin B1, vitamin B2, vitamin B6, vitamin B12 and vitamin C. Vitamin B1 contributes to normal cardiac function, and calcium contributes to the normal blood coagulation. Vitamin C contributes to the normal formation of collagen for normal function of blood vessels (veins). Iron and vitamins B6 and B12 contribute to the normal formation of red blood cells and hemoglobin, while vitamin B2 maintains their normal state.

- **the normal state of the musculoskeletal system** – with the complex of calcium, magnesium, zinc, manganese, copper, vitamin C and vitamin D. Calcium maintains the normal condition of the bones, while magnesium, zinc, manganese and vitamin D contribute to its maintenance. Vitamin C is particularly useful, as it contributes to the formation of collagen for normal bone function. Manganese contributes to the normal formation of connective tissue (valuable for joint health), and copper maintains the normal condition of the connective tissue.

- **good tone and energy** – with an energy complex of iron, magnesium, vitamin B2, vitamin B6, vitamin B12, vitamin C. All ingredients help reduce the feeling of tiredness and fatigue, and support the normal course of metabolism and energy production.

- **normal cognitive function** – with the complex of iodine, iron and zinc. The other complex – biotin, copper, iodine, magnesium, vitamin B1, vitamin B2, vitamin B6, vitamin B12 and vitamin C contributes to the normal functioning of the nervous system, and biotin, magnesium and vitamins B1, B6, B12 and C also support the maintenance of normal cognitive function. This contributes to the normal functioning of brain and memory.

- **maintaining an attractive appearance** – with the complex of coenzyme Q10, vitamin A, vitamin C, vitamin E, vitamin B2, biotin, zinc, selenium, iodine, copper. They contribute to the maintenance of normal skin condition. Copper contributes to the normal pigmentation of the skin, and vitamin C supports the proper formation of collagen for normal functioning of the skin. Biotin, selenium and zinc help maintain the normal condition of hair, and selenium and zinc – the normal condition of nails. Additional support for the beautiful appearance is the anti-oxidant action of the complex of copper, manganese, selenium, zinc, and vitamins B2, C and E.

- **normal eyesight** – with a complex of zinc, biotin, vitamin A, and vitamin B2. Zinc, along with vitamins A and B2 contribute to the maintenance of normal vision. These two vitamins plus biotin support the normal condition of the mucous membranes.

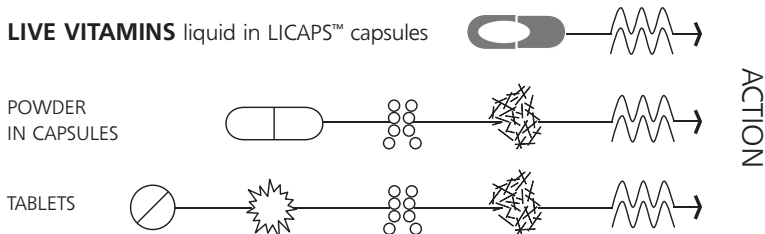
## LICAPS™ ENCAPSULATION TECHNOLOGY

LIVE VITAMINS is produced in France as per LICAPS™ patented technology for liquid extracts filled in hard gelatin capsules. This process eliminates the heat treatment of the active substance and thus allows preserving its useful properties to the maximum extent and guarantees its fast and complete absorption by the organism.

LICAPS™ gelatine capsules are:  
solvent free;  
preservative free;  
gluten free;  
sugar free;  
GMO free.



## LIQUID FORMULATION BENEFITS OVER POWDER



### LICAPS™ capsule releases ingredients very rapidly.

In comparison to solid delivery forms like tablets the ingredients in LICAPS™ capsule are released very rapidly because they are already dissolved. The dissolution of LICAPS™ capsule is always constant\*.

\* Benet, L.Z. *Biopharmaceutics as a basis for the design of drug products.* 1973.

**RECOMMENDED DAILY DOSE:** 1–2 capsules a day. For children over 3 years – 1 capsule a day.

**CONTENT** of recommended daily dose of 1 capsule / 2 capsules (% RDA\*): Calcium (Calcium carbonate) – 60/120 mg (15); Vitamin C (L-Ascorbic acid) – 40/80 mg (100); Magnesium (Magnesium oxide) – 28/56 mg (15); Vitamin B3 (Nicotinamide) – 8/16 mg (100); Iron (Iron fumarate) – 7/14 mg (100); Vitamin E (Tocopherol D Alpha) – 6/12 mg  $\alpha$ -TE (100); Co-enzyme Q10 (Ubidecarenone) – 5/10 mg (\*\*); Zinc (Zinc oxide) – 5/10 mg (100); Vitamin B5 (Calcium D-Pantothenate) – 3/6 mg (100); Fluor (Sodium fluoride) – 1.78/3.56 mg (100); Manganese (Manganese sulfate) – 1/2 mg (100); Vitamin B2 (Riboflavin) – 0.7/1.4 mg (100); Vitamin B6 (Pyridoxine hydrochloride) – 0.7/1.4 mg (100); Vitamin B1 (Thiamine mononitrate) – 0.55/1.1 mg (100); Copper (Cuppric II oxide) – 0.5/1 mg (100); Vitamin A (Retinil palmitate) – 402/804  $\mu$ g RE (100); Vitamin B9 (Pteroylmonoglutamic acid) – 101/202  $\mu$ g (102); Iodine (Potassium iodide) – 77/154  $\mu$ g (102); Selenium (Sodium selenate) – 28/56  $\mu$ g (102); Biotine (D-Biotine) – 25/50  $\mu$ g (100); Chromium (Chromium III Chloride) – 20/40  $\mu$ g (100); Vitamin D3 (Cholecalciferol) – 2.5/5.0  $\mu$ g (100); Vitamin B12 (Cyanocobalamin) – 1.3/2.6  $\mu$ g (104). Additional ingredients: sunflower oil refined; water; thickener: glycerol monostearate; emulsifier: *soybean lecithin* (phosphatidylcholine). Capsule: *fish gelatin*; colorant: iron oxide, titanium dioxide.

\*Recommended daily allowance for adults

\*\*The Recommended daily allowance is not established

**CONTRAINDICATIONS:** There are no known contraindications.

**STORAGE CONDITIONS:** Keep at room temperature (15° – 25°C), do not expose to direct light. Keep out of the reach of children.

Do not exceed the recommended daily dose.

Do not use the product as substitute to the balanced diet.

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