

SMART VITAMINS HIM

STEP 1 2 3 THE FOUNDATIONS FOR HIM

The unique dual capsule with sustained release containing essential daily vitamins

Premium health benefits

The only 2-in-1 capsule in europe with bioactive vitamins, designed for men seeking vitality, focus and balance – featuring two-phase release and optimal absorption.

Usage instructions

Dosage	1 capsule per day, in the morning with a meal.
Duration	3 to 6 months
Advice	In combination with physical activity and a healthy diet
Target group	Adults (18+)
Pregnancy / breastfeeding	Not applicable
Warning	Not suitable for individuals taking coumarin anticoagulants.

Ingredients

Ingredients per daily dose (1 capsule): %RI*

Fish oil	420 mg	-
of which DHA	293 mg	-
Saw palmetto extract	320 mg	-
Vitamin B3	16 mg	100%
Vitamin E	12 mg	100%
Vitamin B5	6 mg	100%
Coenzyme Q10	5 mg	-
Vitamin B6	1,4 mg	100%
Vitamin B2	1,4 mg	100%
Vitamin B1	1,1 mg	100%
Folic acid	500 µg	250%
Vitamin K2	75 µg	100%
Selenium	55 µg	100%
Biotin	50 µg	100%
Vitamin D	20 µg	500%
Vitamin B12	5 µg	200%

%RI* = % Reference Intake
Excipients: microcrystalline cellulose, hydroxypropylmethylcellulose, ethylcellulose, sodium copper chlorophyllin.

Specifications

Quantity	30 capsules. Refill pouch.
Net weight	26 grams
GTIN	05430004618102
CNK	4991-634
Notification	NUT_PL_AS 4493/17

Consumer price: €30

