

A-D-E-K Vitamine



Lipophilic vitamin complex

A, D, E and K: The four fat-soluble vitamins

As the name implies, fat-soluble vitamins are only soluble in a fatty environment. In other words for them to be absorbed by the body, a certain amount of fat must always be available. That is why supplements containing fat-soluble vitamins should ideally be taken with a meal, that provides some fat. Only then can the vitamins and fats be packaged together in the intestine in order to be transported into tissues. Fat-soluble vitamins perform many different tasks in the human body. So optimum supply is therefore important for many different functions. Vitamin A, for instance, is important for skin and eyesight, vitamin D supports muscle function, vitamin E is an antioxidant and vitamin K plays an role in blood coagulation.

A-D-E-K Vitamine NutriGellets® from Biogena: Fat-soluble vitamins compact in one capsule

Biogena A-D-E-K Vitamine NutriGellets® contain the 4 fat-soluble vitamins A, D, E and K in optimised dosage for safe supply of these vitamins. The fat-soluble vitamins are packaged stably and safely in fish gelatine pearls (NutriGellets® technology).

Physiological effects of the vitamins contained in A-D-E-K Vitamine NutriGellets®:

- Vitamin A plays a role in normal iron metabolism and normal function of the immune system as well as helping to maintain normal eyesight and skin.
- Vitamin D contributes to the normal function of the immune system and the maintenance of normal bones and muscle function.
- Vitamin E helps to protect cells against oxidative stress.
- Vitamin K plays a role in normal blood coagulation and helps to maintain normal bones.

Possible applications:

- For the safe supply of the fat-soluble vitamins A, D, E and K.
- For the optimal supply of fat-soluble vitamins for targeted support of specific bodily functions.

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BIOGENA
WELCOME TO YOURSELF

Bioavailable micronutrients in a pure form

- According to the pure substance principle
- No colouring agents, artificial flavourings or covers
- Gluten-free
- Lactose-free
- Fructose-free
- Plant-based capsule shell
- Quality tested

INGREDIENTS per daily dose	1 Capsule	% NRV*
Vitamin E (mg alpha-TE)	36 mg	300
Vitamin A (µg RE)	1000 µg	125
Vitamin K1 and K2**	150 µg	200
Vitamin D3	25 µg	500

* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

INGREDIENTS

Gelatine (**fish**), hydroxypropyl methyl cellulose (capsule shell), D-alpha-tocopherol, cholecalciferol, retinyl palmitate, vitamin K2 (menaquinone-7), vitamin K1 (phyloquinone)

RECOMMENDED DOSAGE

1 capsule daily taken with a meal and plenty of liquid.

NOTE

Food supplement in accordance with EU Directive 2002/46/EC

IMPORTANT NOTICE

Patients taking anticoagulants should consult their physician before taking vitamin K supplements.

Vitamin A is essential for normal embryo development. However, pregnant women should not exceed the maximum dose of 3000 µg vitamin A per day. The indicated daily dose of 1 capsule (contains 1000 µg) should not be exceeded.

ADDITIONAL NOTE

**Vitamin K1: 135 µg; Vitamin K2: 15 µg


PACKAGE SIZE AND CONTENT

120 capsules (4 month supply), 46 g

Food supplement: The recommended daily dosage should not be exceeded. Not a substitute for a balanced and varied diet and a healthy lifestyle. **Vitamin K1 135 µg; Vitamin K2 15 µg. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. K2VITAL® is the registered trademark of Kappa Bioscience AS. Subject to print or typographical errors. Version: 14.04.2023.



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