

Betavitevit®

Brewer's yeast

with added B complex vitamins

40 tablets

Dietary product, dietary supplement

- ✓ **Vitamin C, Vitamin B1, B2 and B6 contribute to normal functioning of nervous system**
- ✓ **Vitamin C contributes to collagen synthesis for normal skin, bones and teeth functioning**
- ✓ **Vitamin B2 contributes to normal skin maintenance**

The average weight of one tablet is: 0.640 g

Active ingredients:	100 g of the product contains:	1 tablet contains:	% RDI*
Dried brewer's yeast	71.72 g	459 mg	/
Vitamin B1 (thiamine hydrochloride)	220 mg	1.4 mg	127
Vitamin B2 (riboflavin)	250 mg	1.6 mg	114
Vitamin B6 (pyridoxine-hydrochloride)	310 mg	2.0 mg	143
Vitamin C (L-ascorbic acid)	2970 mg	200 µg	24

* RDI – recommended daily intake

Ingredients: dried brewer's yeast, cellulose, microcrystalline (E460i), maize starch, L-ascorbic acid, strawberry flavour, magnesium stearate (E470b), silicon dioxide (E551), cocoa powder, pyridoxine-hydrochloride, riboflavin, thiamine hydrochloride.

Nutrition information:	100 g of the product contains on average:	1 tablet (0.640 g) contains on average:
Energy value (kJ /kcal)	1522.5 / 358.9	9.74 / 2.3
Fats (g) - of which saturated fatty acids (g)	2.3 1.64	0.015 0.010
Carbohydrates (g) - of which sugars (g)	51.2 5.2	0.33 0.03
Proteins (g)	33.4	0.21
Salt (g)	< 0.2	< 0.001

Effects:

Brewer's yeast is a source of natural B-complex vitamins, essential amino acids, proteins, minerals, oligo-elements, glutathione and nucleic acids. It has a favourable effect on the nervous system, as well as the health of liver, eyes and heart. It helps with the functioning of the digestive system, regulates intestinal flora balance, eliminates obstipation and improves appetite. It also helps with sugar metabolism by enhancing insulin action and sensitivity of cell receptors to insulin, which leads to the stabilization of blood sugar levels and its better utilization as an energy source. It participates in atherosclerosis prevention. It has an effect against acne and other skin disorders, contributes to the maintenance of healthy hair and nails. It boosts immunity and improves concentration. Because of its beneficial effect on physical and mental development, it is recommended for children.

B vitamins are necessary for the proper functioning of the nervous system, for supplying the body with energy and for the maintenance of healthy skin, hair and nails. They have beneficial role in metabolism of fats, carbohydrates and proteins.

Vitamin C has plays an important role in collagen production and skin cell regeneration in oxidation-reduction processes (elimination of free radicals) and helps boost the immune system.

Dosage and instructions for use: For children over 7 years of age and adults: 1 tablet daily.

Notes: Dietary supplements are not a substitute for healthy and balanced nutrition. Recommended daily intake must not be exceeded. Keep out of reach of children.

Warnings: The product should not be used by children under 7 years of age, pregnant or breastfeeding women without previous consultation with doctor, nor persons allergic to any of the ingredients in the product.

Storage: Store at a temperature of up to 25°C, in a dry and dark place.

Shelf life: 3 years.

Packaging: Box containing 40 tablets in a blister packs.

Manufacturer:

ESENSA d.o.o.

Viline vode bb, Belgrade, Republic of Serbia

www.esensa.rs

Country of origin: Republic of Serbia