

Betavitevit®

enriched with folic acid and vitamin B6

Brewer's yeast with pleasant taste

Dietary supplement

Added folic acid and vitamin B6 contribute to reducing fatigue and exhaustion, normal functioning of the immune system and normal psychological function.

Vitamin B6 contributes maintaining normal energetic metabolism.

Active ingredients:	100 g of the product contains:	1 tablet contains:	% RDI*
Dried brewer's yeast	20 g	128 mg	/
Folic acid	31 250 µg	200 µg	100
Vitamin B6 (pyridoxine-hydrochloride)	312.5 mg	2 mg	143

* RDI – recommended daily intake

Ingredients: maize starch, dried brewer's yeast, pyridoxine-hydrochloride, strawberry flavour, cocoa powder, folic acid, anticaking agents: cellulose, microcrystalline (E460i), magnesium stearate (E470b) and silicon dioxide (E551).

Nutrition information:	100 g of the product contains on average:	1 tablet (0.640 g) contains on average:
Energy value (kJ /kcal)	1559 / 368	9.98 / 2.35
Fats (g)	2.2	0.014
- of which saturated fatty acids (g)	1.68	0.011
Carbohydrates (g)	76.6	0.49
- of which sugars (g)	< 0.5	< 0.003
Proteins (g)	10.3	0.066
Salt (g)	< 0.2	< 0.0013

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. Owing to the presence of folic acid, it contributes to better iron absorption, thus preventing anaemia. 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.

Folic acid or vitamin B9 is one of B vitamins, which are very important for the proper functioning of the body. Normally, body's needs for these vitamins are satisfied by a varied nutrition. However, most frequently, this is not the case, so it is necessary to use products which contain them. Sufficient amount of folic acid in the body reduces the possibility of typical megaloblastic anaemia, helps with proper foetal development during pregnancy, contributes to better functioning of the nervous system and reduces risk of cardiovascular diseases.

According to the information published by global researchers, it has been acknowledged that long-term use of certain medicines (aspirin, ibuprofen, acetaminophen, medicines used for the treatment of rheumatoid arthritis – methotrexate, anticonvulsants – phenytoin, phenobarbital, primidone, medicines for reducing cholesterol levels – cholestyramine and colestipol, pyrimethamine, triamterene, sulfasalazine, oral contraceptives, antibiotics) leads to the reduction of folic acid levels in the body.

That is why additional folic acid intake is necessary, but it must be ensured that there is a time interval between the use of folic acid and these medicines. Antacids, cimetidine, ranitidine and metformin may inhibit folic acid absorption, so they should not be used concurrently with folic acid either.

Vitamin B6 takes part in many metabolic processes of proteins, fats, amino acids and carbohydrates. It has an important role in the functioning of the nervous and immune systems. It participates in the process of haemoglobin synthesis and contributes to the maintenance of healthy skin and hair.

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.

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 pack.

Manufacturer:

ESENSA d.o.o.

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www.esensa.rs

Country of origin: Republic of Serbia