

1 capsule daily – complete care

More energy and vitality



Vita Benefit® Q10


Green tea extract with polyphenols
A fountain of youth

30 mg Coenzyme Q10
Energy activator

Vitamins
Minerals
Trace elements

1 capsule Vita Benefit Q10 –
daily for body and soul.

Packs with 120 vegetable capsules (= 4 months)
Gluten-free, lactose-free, vegan.

 Made in Switzerland.

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Vita Benefit® Q10 – 1 capsule daily – complete care

Description: nutritional supplement with **green tea extract (100 mg) with 50 mg polyphenols, coenzyme Q10 (30 mg), vitamins, minerals and trace elements.** Coenzyme Q10 plays an essential role in the body's **energy production.** Vitamins A, C, E, selenium and green tea extract have antioxidant properties. As antioxidants, they can neutralise harmful free radicals and highly reactive oxygen compounds. They are important for the maintenance and function of cells.

Ingredients: Vitamins (vitamin C, niacin, vitamin E, vitamin B5, vitamin B6, vitamin B2, vitamin B1, vitamin A, folic acid, biotin, vitamin D, vitamin B12), vegetable capsule shell (hydroxypropyl methylcellulose, colouring: iron oxide), 14% green tea extract, magnesium oxide, iron sulphate, maltodextrin, coenzyme Q10, selenium yeast, calcium phosphate, zinc oxide, manganese sulphate, copper sulphate, chromium chloride, sodium molybdate.

Keep out of reach of children.
Made in Switzerland.

Use: **Take 1 capsule** daily with liquid after food.
Gluten-free, lactose-free, vegan.

Packs: **Vita Benefit® Q10**
120 vegetable capsules (for 4 months)

Vita Benefit® Q10		
Nutritional Analysis	per 1 capsule = daily requirement	NRV*
Vitamin A	800 µg	100 %
Vitamin B1	1.1 mg	100 %
Vitamin B2	1.4 mg	100 %
Vitamin B6	1.4 mg	100 %
Vitamin B12	2.5 µg	100 %
Vitamin C	90 mg	113 %
Vitamin D	5.0 µg	100 %
Vitamin E	12 mg	100 %
Biotin	50 µg	100 %
Folic acid	360 µg	180 %
Niacin	16 mg	100 %
Vitamin B5	6.0 mg	100 %
Magnesium	30 mg	8 %
Iron	10 mg	71 %
Zinc	7.5 mg	75 %
Copper	1.0 mg	100 %
Manganese	1.3 mg	65 %
Selenium	30 µg	55 %
Chrome	7.5 µg	19 %
Molybdenum	9.0 µg	18 %
Coenzyme Q10	30 mg	
Green tea extract	100 mg	
– of which catechin	50 mg	

* NRV: Proportion of the recommended daily dose