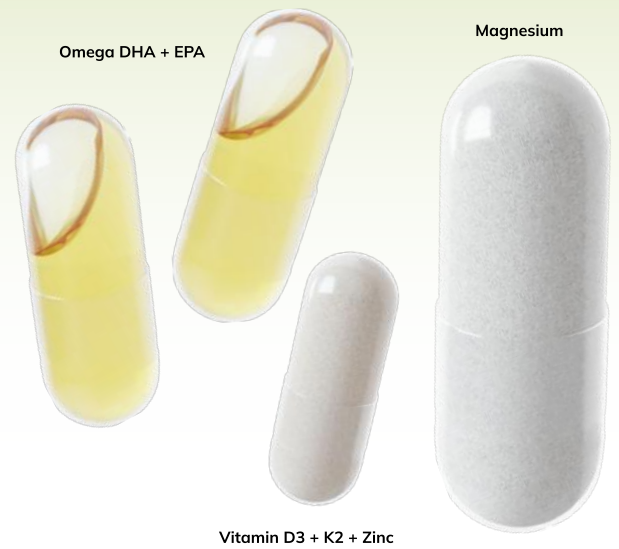


ESSENTIALS

The Essentials are packed with vegan, essential micronutrients: Vitamin D3, Vitamin K2, Zinc, Magnesium and Omega-3. Support your immune system, brain and heart health, to build your foundation.

BENEFITS YOU CAN EXPECT

The Essentials have many beneficial effects concerning your overall health. They can support your immune system and promote healthy muscles & strong bones. Furthermore they are important for healthy brain function & vision and can reduce tiredness & fatigue.



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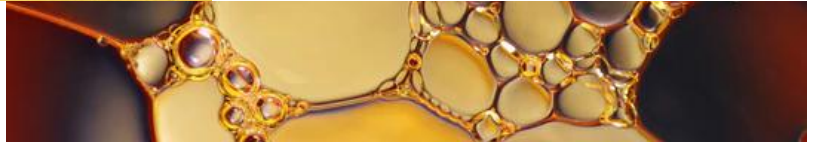


VITASHINE™ VITAMIN D3 (50MG)

Vitamin D is a fat-soluble vitamin found in few foods, but can be synthesised from cholesterol and sunlight. Around 40% of Europeans are deficient based on recent large observational data.

VITAMIN K2 MK-7 (200MG)

Vitamin K2 MK-7 is a highly bioavailable form of Vitamin K2 that plays a key role in directing calcium to the bones & teeth, and away from arteries & soft tissues. It supports bone and cardiovascular health.



ZINC PICOLINATE (7.5MG)

Zinc Picolinate is a highly absorbable form of Zinc that supports immune function, wound healing, and various other biological processes. It's an essential mineral for overall health and well-being.



MAGNESIUM BISGLYCINATE (125MG)

Magnesium Bisglycinate is highly bioavailable and supports over 300 metabolic reactions. Magnesium deficiency is common for up to 25% of EU adults. It is essential for normal muscle, nerve function and overall health.



ALGAE LIFE'S@OMEGA (962.7MG)

life's@OMEGA provides a vegan and sustainable algae-derived source of Omega-3 with an ideal 2:1 ratio of DHA and EPA, essential for heart, brain, and eye health. Studies also suggest anti-inflammatory properties.



HOW TO USE

We recommend taking one sachet of four capsules daily.

WHEN TO USE

Two capsules of Omega-3 at a time, together with one capsule of Vitamin D3, K2 and Zinc. The Magnesium capsule can be taken either at the same time or, for a relaxing effect, in the evening.



ESSENTIALS TAGLINE

Build your base with a micronutrient powerhouse.

AVEA

WWW.AVEA-LIFE.COM