

DOSIS AANWYSINGS:

Kinders (8-12): 1 tablet daaglik, eerste ding elke oggend.

Tieners (13-15): 1 tot 2 tablette daaglik, eerste ding elke oggend. Indien sport gespeel word of daar tekens van moegheid tydens skool of sport is, voeg 'n 3de tablet by.

Normale Volwassenes Daaglikse Dosis (16+): 1 tablet vir elke 20-25 kg liggaamsmas, om eerste ding elke oggend te neem. Indien jy middag en aande werk, neem 1 tablet vir elke 15-20 kg liggaamsmassa, voor werk.

BYKOMENDE Sport & Prestasie Dosis: Bykomend tot jou daaglikse dosis, neem 'n bykomende tablet vir elke 15-20 kg liggaamsmassa voor opleiding, oefening of kompetisie, afhagende van gewenste resultate. Beter **GEEN kafein of verbode middels nie.**

SAMESTELLING INLIGTING:

(Tipiese waardes per 3 Tablette): Vitamien B1 (Tiamien) – 75 mg, Vitamien B2 (Riboflavin) – 9 mg, Vitamien B3 (Niasien) – 24.90 mg, Vitamien B6 (Pridoksien) – 10 mg, Foliensuur – 790 µg, Vitamien B12 (Methylcobalamin) – 15 µg, Vitamien B5 (Kalsium Pantothenaat) – 24.90 mg, Vitamien D3 (Cholekalfierol) – 50 µg, **Beskernde Kruie Mengsel** – 935 mg wat bestaan uit:** Adaptogens ** Gestandiseerde ekstrakte van Eleutherococcus Santicosus, Rhodiola Rosea en Schizandra Chinensis. **Komplementêre Kruie:** **Gestandiseerde ekstrakte van Angelica Sinensis en Glycyrrhiza Uralensis, Kaneel. **Vitamien Mengsel:** Kalsium Pantothenaat (B5), Niasien (B3), Riboflavin (B2), Tiamien HC1 (B1), Pridoksien HC1 (B6), Foliensuur, Methylcobalamin (B12), Cholekalfierol (D3) en Kalsium Fosfaat. **Onaktiewe Bestanddele:** Magnesiumstearaat en Silikondioksied.

VRYWARING: Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne is nie bedoel om te diagnoseer, te behandel, genees of enige siekte te voorkom nie.

Saak gebruik en raadpleeg 'n dokter indien enige nadelige reaksies plaasvind. Bêre op of onder 25 °C. sien voublaaij en pasiëntinligtingsblaadjie binnekant box. **HOU BUITE BEREIK VAN KINDERS.**

*Contains 90 Tablets – Bevat 90 Tablette
30 Day Supply – 30 Dae Aanbod*

SD

D3216

Combination
Complementary
Medicine/
Kombinasie
Komplementêre
Medisyne

Ultima

Adaptogens

With Rhodiola Rosea, Ginseng, Schisandra and more
Met Rhodiola Rosea, Ginseng, Schisandra en meer

DOSAGE INSTRUCTIONS:

Children (8-12): 1 tablet daily, first thing each morning.

Teenagers (13-15): 1 to 2 tablets daily, first thing each morning. If playing sport then add a third tablet if signs of fatigue are experienced during school or sport.

Normal Adult Daily Dosage (16+): 1 tablet for every 20-25 kgs of body weight, taken first thing each morning. If you work afternoons or at night, take 1 tablet for every 15-20 kgs of body weight before work.

ADDITIONAL Sport & Performance Dosage: In addition to your 'Daily Dosage', take an additional tablet for each 15-20 kgs body weight before each period of training or competition depending on required result. *Contains NO caffeine or banned substances.*

COMPOSITION:

(Typical Values per 3 Tablets): Vitamin B1 (Thiamine) – 75 mg, Vitamin B2 (Riboflavin) – 9 mg, Vitamin B3 (Niacin) – 24.90 mg, Vitamin B6 (Pyridoxine HCl) – 10 mg, Folic Acid – 790 µg, Vitamin B12 (Methylcobalamin) – 15 µg, Vitamin B5 (Calcium Pantothenate) – 24.90 mg, Vitamin D3 (Cholecalciferol) – 50 µg. **Proprietary Herbal Blend** – 935 mg consisting of: Adaptogens:** **Standardized Extracts of Eleutherococcus Santicosus, Rhodiola Rosea and Schizandra Chinensis. **Complementary Herbs:** **Standardized Extracts of Angelica Sinensis and Glycyrrhiza Uralensis and Cinnamon. **Vitamin Blend:** Calcium Pantothenate (B5), Niacin (B3), Riboflavin (B2), Thiamine HCl (B1), Pyridoxine HCl (B6), Folic Acid, Methylcobalamin (B12), Cholecalciferol (D3) and Tri Calcium Phosphate. **Inactive Ingredients:** Magnesium Stearate and Silicon Dioxide.

DISCLAIMER: This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.

Discontinue use and consult a doctor if any adverse reactions occur. Store at or below 25 °C. See package insert and patient information leaflet inside box. **KEEP OUT OF REACH OF CHILDREN.**

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