

DOSIS AANWYSINGS:

Kinders (8-12): 1 Tablet daaglik, met ontbyt.

Tieners (13-15): 2 Tablette elke oggend en 2 bykomende tablette met middagete of voor oefening. By kompetisies, neem 2 bykomende tablette.

Volwassenes(16+): Gewone daaglikse dosis is 4 tablette, 2 met ontbyt en 2 met middagete.

Bykomende Sport & Prestasie Dosis: Neem 2-4 tablette voor opleiding, oefening of kompetisie - afhangesende van gewenste resultate.

Maksimum Dosis: 10 Tablette is die maksimum dosis in 'n 24 uur-tydperk. Toenemende bo dit sal nie die voordele verhoog nie, en kan jou vermoë om te slaap benadeel.

SAMESTELLING INLIGTING:

(Tipiese waardes per 4 Tablette): Vitamien B1 (Tiamien) – 15 mg, Vitamien B2 (Riboflavin) – 9 mg, Vitamien B3(Niasien) – 24.90 mg, Vitamien B5 (Kalsium D Pantothenaat) – 24.90 mg, Vitamien B6 (Pindoksien) – 10 mg, Vitamien B12 (Methylcobalamin) – 150 µg, Biotin – 300 µg, Vitamien D3 (Cholecalciferol) – 50 µg, Foliensuur – 790 µg, PABA (Para-amino-Bensoësuur-Suur) – 50 mg, Inositol – 10mg. **Beskermdes Mengsel** – 3250mg van Spirulina en Natuurlike Plant Ekwivalent Gestandaardiseerde Ekstrakte van Panax Ginseng en Eleutherococcus Senticosus. **Onaktiewe Bestanddele:** Magnesiumsteeraat 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.

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

Contains 120 Tablets – Bevat 120 Tablette

SO

D3216
Combination
Complementary
Medicine/
Kombinasie
Komplementêre
Medisyne

Ultima

Energy

With Spirulina, Ginseng and B-Complex Vitamins
Met Spirulina, Ginseng en B-Komplex Vitamiene

DOSAGE INSTRUCTIONS:

Children (8-12): 1 tablet daily, with breakfast.

Teenagers (13-15): 2 tablets daily, preferably 1 tablet with breakfast and 1 with lunch.

For Sporting Teens: Take 2 tablets each morning and 2 additional tablets 1 hour at lunch or before training. At competitions, take an additional 2 tablets.

Adults (16+): Normal Daily Dosage is 4 tablets, ideally 2 with breakfast and 2 with lunch.

Additional Sport & Performance Dosage: Take an additional 2-4 tablets before training or competition depending on desired result.

Maximum Dosage: Do not exceed 10 tablets in any 24 hour period, increasing above this amount will not increase the benefit and may affect your ability to fall asleep.

COMPOSITION:

(Typical Values per 4 Tablets): Vitamin B1 (Thiamine) – 15 mg, Vitamin B2 (Riboflavin) – 9 mg, Vitamin B3 (Niacin) – 24.90 mg, Vitamin B5 (Calcium D Pantothenate) – 24.90 mg, Vitamin B6 (Pyridoxine) – 10 mg, Vitamin B12 (Methylcobalamin) – 150 µg, Biotin – 300 µg, Vitamin D3 (Cholecalciferol) – 50 µg, Folic Acid – 790 µg, PABA (Para-Amino-Benzoic-Acid) – 50 mg, Inositol – 10 mg. **Proprietary Blend** – 3250mg of Spirulina and Natural Plant Equivalent of Standardized Extracts of Panax Ginseng and Eleutherococcus Senticosus. **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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