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## Fizzy Vitamins Autoship

Fizzy Vitamins 1 months supply (30 Effervescent Tabs) The 16 Essential Vitamins

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### Description

Fizzy Vitamins

(30 Effervescent Tabs)

The 16 Essential Vitamins See Supplement facts for list of Vitamins

### Supplement Facts

PRODUCT NAME: Fizzy Vitamins / Fruit Flavour		
Servings Size 1 Tablet 4.5g		
Servings 30 (2 x Tubes)		
	Per Tablet	% RDA /dose Daily Value
Vitamin A	0.8 mg	100
Vitamin B1 (Thiamine)	2.2 mg	200
Vitamin B2 (Riboflaven)	2.8 mg	200
Vitamin B3 (Niacin)	32 mg	200
Vitamin B5 (Pantothenate)	12 mg	200
Vitamin B6 (Pyridoxine)	2.8 mg	200
Vitamin B12 (Cobalamin)	0.005 mg	200
Vitamin C	160 mg	200
Vitamin D3	0.01 mg	200
Vitamin E	24 mg	200
Vitamin K	0.075 mg	100
Biotin	0.1 mg	200
Choline	82.5 mg	200
Bioflavonoids	5 mg	
Folic Acid	0.4 mg	
Inositol	50 mg	
	<b>in 100g</b>	<b>per tablet 4.5g</b>
Energy	862kJ=206kcal	39 kJ=9kcal

Fat	0.0 g	0.0 g
Thereof saturated fatty acids	0.0 g	0.0 g
Carbohydrates	12.4g	0.56 g
Sugars (Natural Fruit Extract)	4.0 g	0.18 g
Fibre	3.4 g	0.15 g
Protein	0.1 g	0.005 g
Sodium (Natural NOT table salt)	6.2 g	0.28 g
<p>CAUTION: If you are taking any prescribed medication or have any medical conditions always consult your doctor or pharmacist before taking vitamins or supplements. Keep out of sight and reach of young children. Do not exceed stated recommended intake. Food supplements must not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Store in a cool, dry place. If you experience an adverse reaction, stop taking the supplement and seek medical advice.</p>		

**1. Vitamin A**

Vitamin A Function: Helps maintain healthy teeth, skeletal and soft tissue, and promotes good vision.

**2. Vitamin B1 Thiamin**

Vitamin B1 Function: Helps convert carbohydrates into energy and is essential for the functioning of the heart, muscles, and nervous system.

**3. Vitamin B2 Riboflavin**

Vitamin B2 Function: Needed for normal cell function, growth, and energy production.

**4. Vitamin B3 Niacin, Nicotinic Acid**

Vitamin B3 Function: Assists in the functioning of the digestive system, skin, and nerves, and important for the conversion of food to energy.

**5. Vitamin B5 (Pantothenic Acid)**

Vitamin B5 (Pantothenic Acid) Function: Essential for growth and metabolism.

**6. Vitamin B6**

Vitamin B6 Function: Needed to make hemoglobin, for red blood cell metabolism, for the nervous and immune systems to produces antibodies that are used to fight many diseases, also helps maintain the blood sugar level and is used to metabolize proteins.

**7. Vitamin B12**

Vitamin B12 Function: Important for metabolism, helps in the formation of red blood cells and in the maintenance of the central nervous system.

**8. Vitamin C**

Vitamin C Function: Necessary for the growth and repair of tissues, and to form collagen, a protein used to make skin, scar tissue, tendons, ligaments and blood vessels.

**9. Vitamin D**

Vitamin D Function: Helps the body absorb calcium, regulates the amount of calcium and phosphorus in the blood, and is very important in the prevention of chronic diseases.

**10. Vitamin E**

Vitamin E Function: Antioxidant and helps to form red blood cells and the use of vitamin K.

**11. Vitamin K**

Vitamin K Function: Blood clotting and is also linked to building bone.

**12. Biotin (Vitamin B5)**

Biotin Function: Essential for growth and metabolism.

**13. Choline (Vitamin B4)**

Choline Function: Crucial component of the neurotransmitter acetylcholine, which is necessary for muscle movement and brain function.

**14. Bioflavonoids**

Bioflavonoids Function: Bioflavonoids protect vitamin C from oxidation and increase absorption of vitamin A . The main use of the bioflavonoids is to provide synergy in the utilization of vitamin C

**15 Folic Acid**

Folic Acid Function: Promotes normal digestion; essential for development of red blood cells.

**16. Inositol**

Inositol Function: Beneficial for Mood Enhancement, Liver Support, Cell Support, Fat Distribution and Immune Support

*Other Ingredients*

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