



Supra Folic + B-Complex

DEPOT tablets

gluten-free

600 µg
Folic acid
All B-Vitamins in
1 tablet

Periconceptional folic acid supplementation

Supports cell division and renewal

Contributes to a normal energy-yielding metabolism

B-vitamins play various functions within the organism: they contribute to the function of the nervous system, of the energy-yielding metabolism, of the immune system and of blood formation.

B-vitamins should be provided in sufficient amounts every day through the diet, because the body is not able to store them efficiently. This is the reason why unbalanced diets may lead to depletion of certain B-vitamins.

Women trying for a baby should pay special attention to consuming enough B-vitamins, in particular folates or folic acid which intake has been shown to reduce the risk of neural tube defects. The timing of **folic acid** intake is very important: it should start at least 8 weeks before the planned date of conception and be carried over within the first trimester of pregnancy. One talks about periconceptional folic acid supplementation.

Intake of a **B-complex** also profits the cardiovascular system, since **vitamins B₆ and B₁₂** contribute to reduce homocysteine, while **vitamins B₁ and B₂** support proper function of the heart.

Effectiveness of a supplementation with folic acid is higher when it is supplied along with other B-vitamins. Moreover, absorption rate is improved when the B-vitamins are embedded in a time-release matrix: progressive dissolution of the tablet in the intestine, thanks to the **DEPOT** technology, releases the vitamins at a rate the organism can better deal with.

Supra Folic + B-Complex DEPOT tablets from Doppelherz® contain a B-complex that helps to supply the organism with all B-vitamins day after day.

One tablet contains:

600 µg Folic acid, 4.2 mg Vitamin B₁, 4.8 mg Vitamin B₂, 6 mg Vitamin B₆, 3 µg Vitamin B₁₂, 18 mg Pantothenic acid, 21.6 mg Niacin, 150 µg Biotin.

Recommendations:

Take 1 tablet daily at meal with enough liquid. Do not chew. Do not exceed the stated recommended daily dosage!

Food supplements should not be used as a substitute for a varied diet.

The product should be stored out of the reach of children.

Not suitable for children under 12 years.

Do not store above 25 °C.

Energetic value:

1 tablet corresponds to 1 kcal/4 kJ.




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