

FolPlus®

You can contribute greatly to your health by having a balanced diet and a healthy way of life. However, sometimes, you may require a dietary supplement.

FolPlus® contains vitamin D as well as three important vitamins B namely folic acid, vitamin B₆ and B₁₂.

Folic acid (vitamin B₉) plays an essential role in all cell division processes as well as in the immune system. Combined with vitamin B₆ and B₁₂ it ensures a balanced homocystein level in blood. Furthermore it plays a key role in cognitive functions such as concentration, memory and reasoning capabilities. Another property of folic acid is that it reduces fatigue.

Sources: leafy vegetables (such as spinach, broccoli and lettuce), tomatoes, cereals, yeast, eggs and nuts.

Vitamin B₆ (pyridoxine) plays a significant role in sustaining one's immune and nervous system, one's energy resources as well as in the synthesis of proteins. It enables the transformation of the harmful homocysteine into the useful cysteine. Vitamin B₆ contributes to normal cognitive function and to reducing tiredness too.

Sources: meat, fish, cheese, milk and cereals.

Vitamin B₁₂ (cobalamin) is required for the proper function and development of the brain, nerves, blood cells and acts hand in hand with folic acid. Vitamin B₁₂ deficiency often occurs among elderly people due to pernicious anemia and mainly to the food-cobalamin malabsorption syndrom (inability to release the vitamin B₁₂ from food and/or deficiency of intestinal cobalamin-transport proteins).

Sources: meat, fish and in less quantity dairy products and eggs.

Unlike most vitamins, **vitamin D₃** is being produced up to 90 % by your body when you expose your skin to sunlight; this process decreases with age. Vitamin D is essential for strong bones, because it helps the body using calcium and phosphorus from the diet. Vitamin D₃ also contributes to the normal function of the muscles and the immune system.

Sources: mainly self-production; cod liver oil and fish.

FolPlus® helps you cover your needs for essentials B-vitamins which contribute to maintaining your homocysteine blood level in balance.

What is homocysteine?

Homocysteine is produced in the body as a by-product; it normally gets recycled and is kept at a low level if the vitamin B-trio (folic acid, vitamin B₁₂ and B₆) is present at adequate levels. A controlled homocystein level has the advantage of sustaining cerebral activities.

The vitamin-B trio folic acid + vitamin B₁₂ + B₆ and vitamin D₃ for:

- **Concentration and memory capabilities**
Folic acid, vitamin B₆ and B₁₂ contribute to normal psychological function
- **Immune and nervous system**
Folic acid, vitamin B₆ and B₁₂ are needed for an intact immune system; vitamin B₆ and B₁₂ sustain normal function of the nervous system
- **Vitality and energy**
Folic acid, vitamin B₆ and B₁₂ reduce fatigue; vitamin B₆ and B₁₂ contribute to normal energy-yielding metabolism
- **Vitamin D₃ contributes to the maintenance of normal bones, muscle and immune system function**

Composition

Nutrients	per tablet	%NRV*
Vitamin B ₆	4 mg	280
Folic acid (B ₉)	400 µg	200
Vitamin B ₁₂	30 µg	1200
Vitamin D ₃	20 µg (800 IU)	400

*% of recommended daily allowance in the EU.

Dosage: take one tablet a day with liquid during mealtime. Do not exceed the daily intake.

The tablets come in a practical click dispenser which releases one tablet per push.

Storage and cautions: store in a dry place (not in the bathroom or refrigerator!), not above 25 °C and out of direct sunlight.

Keep out of reach of children.

Ingredients

Bulking agent: Cellulose, Calcium hydrogen phosphate; Pyridoxine Hydrochloride (vit. B₆); coating agent: Hydroxypropyl methylcellulose; anti-caking agent: Magnesium salts of fatty acids; Pteroylmonoglutamic acid (folic acid); Cyanocobalamin (vit. B₁₂); Cholecalciferol (vit. D₃)

Free of lactose, fructose, gluten, colorants, flavor and nanoparticles as well as animal constituents.

Note: since no artificial colors are used, tiny speckles may be visible on the tablets. They result from the natural violet color of the vitamin B₁₂.

Product ID code (GLN): 40 260139 87039 4 (90 tablets)



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