

<b>PRODUCT NAME: Fizzy Vitamins / Fruit Flavour</b>		
Servings Size 1 Tablet 4.5g		
Servings 30 (2 x Tubes)		
	<b>Per Tablet</b>	<b>% RDA /dose Daily Value</b>
Vitamin A	<b>0.8 mg</b>	<b>100</b>
Vitamin B1 (Thiamine)	<b>2.2 mg</b>	<b>200</b>
Vitamin B2 (Riboflaven)	<b>2.8 mg</b>	<b>200</b>
Vitamin B3 (Niacin)	<b>32 mg</b>	<b>200</b>
Vitamin B5 (Pantothenate)	<b>12 mg</b>	<b>200</b>
Vitamin B6 (Pyridoxine)	<b>2.8 mg</b>	<b>200</b>
Vitamin B12 (Cobalamin)	<b>0.005 mg</b>	<b>200</b>
Vitamin C	<b>160 mg</b>	<b>200</b>
Vitamin D3	<b>0.01 mg</b>	<b>200</b>
Vitamin E	<b>24 mg</b>	<b>200</b>
Vitamin K	<b>0.075 mg</b>	<b>100</b>
Biotin	<b>0.1 mg</b>	<b>200</b>
Choline	<b>82.5 mg</b>	<b>200</b>
Bioflavonoids	<b>5 mg</b>	
Folic Acid	<b>0.4 mg</b>	
Inositol	<b>50 mg</b>	
	<b>in 100g</b>	<b>per tablet 4.5g</b>
Energy	<b>862kJ=206kcal</b>	<b>39 kJ=9kcal</b>
Fat	<b>0.0 g</b>	<b>0.0 g</b>
Thereof saturated fatty acids	<b>0.0 g</b>	<b>0.0 g</b>
Carbohydrates	<b>12.4g</b>	<b>0.56 g</b>
Sugars (Natural Fruit Extract)	<b>4.0 g</b>	<b>0.18 g</b>
Fibre	<b>3.4 g</b>	<b>0.15 g</b>
Protein	<b>0.1 g</b>	<b>0.005 g</b>
Sodium (Natural NOT table salt)	<b>6.2 g</b>	<b>0.28 g</b>
<p><b>CAUTION:</b> 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>		

## **Ingredients**

Acid citric acid (ad. 100%), acidity regulator sodium hydrogen carbonate (18%), humectant sorbitol (5.808%), choline bitartrate (4.538%, Vitamin B4 RDA-200%), L-ascorbic acid (3.738%; vitamin C RDA-200%), inulin (3.5%), fructose (3%), acidity regulator sodium carbonate (3%), inositol (1.121%, vitamin B8 RDA-%\*\*), flavour (1%), starch (1%), anti-caking agent tricalcium phosphate (1%), maltodextrin (0.9%), DL- $\alpha$ -tocopheryl acetate (0.811%; vitamin E RDA-200%), sweetener steviol glycosides (0.8%), nicotinamide (0.734%; niacin, vitamin B3 RDA-200%), red beet juice powder (0.6%), D-calcium-pantothenate (0.312%; pantothenic acid, vitamin B5 RDA-200%), citrus bioflavonoid complex (0.185%) (vitamin P RDA-%\*\*), riboflavin 5 $\hat{A}$ '-phosphate-sodium (0.093%; vitamin B2 RDA-200%), pyridoxine hydrochloride (0.080%; vitamin B6 RDA-200%), thiamin hydrochloride (0.067%; vitamin B1 RDA-200%), retinyl acetate (0.020%; vitamin A RDA-100%), pteroylmonoglutamic acid (0.011%; folic acid, vitamin M RDA-%\*\*), D-biotin (0.0023% vitamin B7 RDA-200%), phytomenadione (0.0017%; vitamin K1 RDA-100%), cholecalciferol (0.00023%; vitamin D3 RDA-200%), methylcobalamin (0.00012%; vitamin B12 RDA-200%).

\*\* RDA Value not established.

### **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 produce 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