



Bio-Antioxidant[®] multivitamin with high absorption

What is Bio-Antioxidant?

Bio-Antioxidant from Pharma Nord is a broad-spectrum, high-quality nutritional supplement manufactured in accordance with pharmaceutical standards.

Bio-Antioxidant contains 12 primary vitamins and 6 minerals, including the patented selenium preparation SelenoPrecise[®] and other important antioxidants. One single tablet provides a high dose of the most, relevant vitamin and minerals, including the group of B vitamins. Bio-Antioxidant does not contain iron. This is because not everyone benefits from supplemental iron. People who are in need of extra iron can easily take a separate supplement of organically bound iron.

What are vitamins?

Vitamins are essential, organic compounds that the body is either unable to produce or produces in amounts that are inadequate. That is why we need vitamins from our diet. A nutrient can only be referred to as a vitamin if a deficiency causes a specific disease. Vitamins are grouped as either water-soluble or fat-soluble vitamins. The water-soluble vitamins are not stored in the body but are excreted relatively quickly. The fat-soluble vitamins, on the other hand, are stored

and take longer to exit the body. For that reason it takes a while before signs of a deficiency occur.

Some vitamins and minerals like selenium, zinc, vitamin C and -E have antioxidant properties meaning that they are able to protect cellular DNA, proteins, and lipids against so-called oxidative stress. In a multivitamin complex, the relation between the individual vitamins and minerals is adjusted proportionally. Bio-Antioxidant contains 18 different nutrients.



 **Pharma Nord**

Bio-Antioxidant

1 tablet contains:

Primary antioxidants:

	RDA%
Vitamin A (retinol acetate) 864 µg RE	108%
Vitamin E (dl- α -tocopheryl acetate / d- α -tocopheryl succinate) 30 mg α -TE	250%
Vitamin C (L-ascorbic acid) 2 00 mg	250%
Vitamin B ₆ (pyridoxine hydrochloride) 4,2 mg	300%
Selenium (SelenoPrecise yeast) 62,5 µg	114%

Secondary antioxidants:

Vitamin B ₁ (thiamine hydrochloride) 1,8 mg	164%
Vitamin B ₃ NE (nicotinamide) 15,0 mg	94%
Vitamin B ₅ (calcium D panthothenate) 7,5 mg	125%
Zinc (zinc gluconate) 7,5 mg	75%
Manganese (manganese gluconate) 2,5 mg	125%
Copper (copper gluconate) 1.000 µg	100%

Additional nutrients:

Vitamin D (cholecalciferol) 2,5 µg	50%
Vitamin B ₂ (riboflavin) 2,8 mg	200%
Biotin (D-biotin) 100 µg	200%
Vitamin B ₁₂ (cyanocobalamin) 4,5 µg	180%
Folic acid (pteroylmonoglutamic acid) 200 µg	100%
Magnesium (magnesium oxide) 75 mg	25%
Chromium (chromium(III)chloride) 50 µg	125%

Dosage

1 tablet daily, unless otherwise advised.

Do not exceed the recommended daily dosage.

Do not chew the tablet but swallow it whole, preferably during/after a meal.

This product is not suitable for use by children under 1 year.

Ingredients

Vitamins, minerals, microcrystalline cellulose, baker's yeast, microcrystalline cellulose, cross carmellose sodium, talc, silicium dioxide, hypromellose, iron oxide, titanium dioxide, corn protein and magnesium stearate.

Storage

Dark, dry and at room temperature.

Keep out of reach of young children.

A dietary supplement is no substitute for a varied diet.

A healthy lifestyle and a varied balanced diet is important for maintaining good health.

What are minerals?

Minerals are elements found in the earth and in the sea, where they are absorbed by plants and continues up through the food chain. When we eat plants, fish and animals we get minerals in the form of various elemental salts. Selenium contributes to a healthy immune system and thyriod function. Zinc plays a role in the maintenance of skin, hair, vision, nails and bones. Chromium take a part in the maintenance of a normal blood glucose level and magnesium contributes to a healthy muscle function.

The body is not able to absorb pure minerals very well. Also inorganically bound minerals are not absorbed nearly as well as organically bound ones depending on the specific mineral.

The minerals in our diet are divided in the following categories, depending on how much we need on a daily basis:

- Macro minerals: Over 100 mg daily
- Trace elements: From 1 - 100 mg daily
- Micro minerals: Under 1 mg (1.000 µg) daily

Macro minerals are not more important for our health than micro minerals, although we need to ingest larger amounts of them. It is exactly like an intricate clockwork where the small cogwheels are every bit as important as larger cogwheels in order for the watch to function properly.

Good vitamin and mineral sources

The best source of vitamins and minerals is a healthy varied diet, preferably with a lot of unrefined foods. Vitamin C contributes to the collagen formation for healthy bones, gums, skin, teeth and cartilage. Vitamin D plays a role in the maintenance of healthy bones, teeth and muscle function and vitamin B1 contributes to a normal function of the heart.

Good vitamin and mineral sources generally include:

- vegetables
- meat
- egg
- fruit
- fish
- whole-grain

