

## NUTRITION & BLOOD

### 3. VITAMINS & MINERALS

#### GINSAVIT

##### **Presentation**

Capsules: Pack of 24 capsules.

##### **Composition**

Each capsule contains:

**Ginseng extract 40mg**

**Vitamins/Lipotropics:**

Vitamin A	4000 I.U.
Vitamin D	400 I.U.
Vitamin E	10mg
Vitamin C	60mg
Vitamin B <sub>1</sub>	2mg
Vitamin B <sub>2</sub>	2mg
Vitamin B <sub>6</sub>	1mg
Vitamin B <sub>12</sub>	1mcg
Nicotinamide	15mg
Folic acid	400mcg
Calcium pantothenate	10mg
Inositol	20mg
Choline bitartrate	20mg

**Minerals/Trace Elements:**

Copper	1mg
Zinc	1mg
Manganese	1mg
Potassium	5mg
Magnesium	10mg
Iron	10mg
Calcium	92mg
Phosphorous	71mg

##### **Indications**

- For treatment and prevention of general symptoms due to advancing age such as reduced physical and mental performance, lack of concentration, and wear and tear.
- To relieve fatigue, exhaustion, and weakness.
- To improve overall strength, stamina, and vitality in people with heavy physical or mental stress.
- To improve overall body resistance against infections.
- For faster recovery of health following long illness, surgery, radiotherapy, and as such.
- As an essential adjuvant therapy in cases of hyperlipidemia, diabetes, musculoskeletal disorders, or dystrophy of skin, nails, and hair.
- To compensate vitamin and mineral deficiencies in weight-conscious people and those with unbalanced or inadequate nutritional intake.

##### **Dosage**

Usual daily dose is one capsule after breakfast. However, depending upon the need, the physician may recommend 2 capsules or more daily.

