

## Plusssz Electrolytes

Dietary supplement.

Effervescent tablets, mango-pineapple flavour.

Contains sugar and sweeteners.

Preparation Plusssz Electrolytes contains a special set and concentration of all the most important electrolytes as well as glucose and complex of vitamins of European origin enriched in coenzyme Q10. It's perfect in sports activity and heat- it quenches thirst and nourished body. Drink plenty of fluids!

Glucose belongs to digestive carbohydrates consuming of which is especially recommended during physical exercise.

Sodium is the main cation electrolyte which takes part in water-electrolyte balance. It supports absorption of water.

Potassium helps is proper functioning of muscles and nervous system.

Chloride is the main anion electrolyte which participates in regulation of water-electrolyte balance.

Calcium contributes to upkeep of proper energetic metabolism.

Magnesium helps in proper functioning of muscles and contributes to decrease of feeling of fatigue and exhaustion.

Varied diet and healthy lifestyle are important to stay healthy.



### Content:

**Ingredients:** acidity regulators: citric acid, sodium carbonate; magnesium lactate; glucose; bulking agent: sorbitol; calcium carbonate; potassium chloride; potassium citrate; flavours; anti-caking agents: polyvinylpyrrolidone, polyethylene glycol; vitamins (L-ascorbic acid, nicotinic acid amide, D-alpha tocopheryl acetate, calcium D-pantothenate, pyridoxine hydrochloride, riboflavin, thiamine mononitrate, pteroylmonoglutamic acid, D-biotin, cyanocobalamin); sweeteners: cyclamates, saccharines; colour: riboflavin; coenzyme Q10.

Content of vitamins, mineral ingredients and other active ingredients in a recommended daily intake – 4 tablets (% NRV):

glucose	1600 mg	n/a
sodium	920 mg	n/a
potassium	400 mg	20%
chloride	240 mg	30%
magnesium	240 mg	64%
calcium	240 mg	30%
vitamin C	80 mg	100%

niacin	16 mg	100%
vitamin E	12 mg	100%
pantothenic acid	6 mg	100%
vitamin B6	1,4 mg	100%
riboflavin	1,4 mg	100%
thiamine	1,1 mg	100%
folic acid	200 µg	100%
biotin	50 µg	100%
vitamin B12	2,5 µg	100%
coenzyme Q10	400 µg	n/a

n/a- not applicable

Product may contain **lactose** (from **milk**).

## How to use:

Dissolve a tablet in a glass (200 ml) of cold water.

Recommended daily intake: 4 tablets a day.

Do not exceed the recommended daily intake of the product.

Dietary supplement cannot be used as a substitute of a varied diet.

## Packing:

- 20 effervescent tablets, mango-pineapple flavours.
- Net weight: 86 g (20 tablets □ 4,3 g)