

Strengthens nerves and has a calming effect

A dietary supplement to support proper nerve and muscle functions

- **Vitamin B1** is important for the nervous system, digestion, muscles and the heart. Used for alcoholic neuritis
- **Vitamin B2** is necessary for the effect of the B vitamins **B6** (pyridoxine) and **B3** (niacin).
- **Vitamin B5** helps create signal substances in the brain and the production of hormones
- **Vitamin B6** helps prevent skin conditions, nerve problems and cramps. The conversion of proteins and carbohydrates requires vitamin B6
- **Vitamin B12** is necessary for the production of red blood cells and regeneration of nerves

Very rarely do we lack just one of the B vitamins. Therefore, deficiency conditions are treated with a combination of all the B vitamins.

- **Vitamin A** is first and foremost important for strengthening the liver so that it can detoxify fat-soluble toxins.
- **Vitamin C** strengthens the immune system and provides increased resistance against common colds and infections. Promotes healthy bones, tissue, teeth and gums. Vitamin C is used by the adrenal glands to create the noradrenalin hormone. Noradrenalin is e.g. used as a signal substance from the nerve cells, when smooth muscular tissue are to retract or when a signal is sent to the small hairs on your arms to make them stand on end when you feel cold.
- **Vitamin E** strengthens the body's immune defence and detoxification processes. It is an important anti-oxidant and crucial for strengthening cell metabolism to create the energy required to generate new, healthy cells.

Counter-indications:

- If you are taking blood-thinning medicine or are in a risk group for cerebral haemorrhage, you should consult your doctor before taking vitamin E.

• **Magnesium:** activates more than a hundred enzymes and helps nerves and muscles function

• **Zinc:** More than 60 enzymes have been identified in the brain that are completely dependent on zinc to make the brain coordinate information given. This is linked to a good perceptive ability

• **Copper:** Necessary for creating red blood cells and connective tissue

• **Vitamin D** maintains a stability in the nervous system and heartbeats. It is important for the thyroid gland and blood coagulation, and also improves the uptake and transport of calcium, which is very important for bone and teeth formation

Counter-indications :

- Vitamin D must not be taken if you have a high level of calcium concentration in your blood

A supplement for strengthening the immune defence –particularly suited for people undergoing detoxification and recovery following illness