

Daily Complete

- Your Daily Supply of Important Nutrients

Triple pack of multivitamin & minerals,
Omega-3 fatty acids and dietary fibre

In today's hectic lifestyle, a perfectly balanced diet may be hard to achieve and many people will need to top up on essential nutrients. Fitness Pharma have developed a dietary supplement specifically for that purpose so you can maintain your daily balance.

Fitness Pharma Daily Complete contains three Quality Food Supplements:

- A Multivitamin & Mineral tablet
- An Omega-3 capsule
- A Dietary fibre capsule

For more information, visit
www.fitnesspharma.uk.com

New!
Contains three food
supplements



Daily Complete is available from health food shops
and selected pharmacies.

Fitness Pharma®
A DAILY ENERGY BOOSTER

Fitness Pharma Daily Complete

- Your Daily Supply of Important Nutrients

Use:

Dietary supplements containing vitamins, minerals, Omega-3 fatty acids and dietary fibre.

Contents:

28 convenient daily doses

Recommended dosage:

1 multivitamin & mineral tablet + 1 Omega-3 capsule + 1 dietary fibre capsule.

Ingredients:



Vitamin/Mineral tablet: Bulking agents [Calcium carbonate, Microcrystalline cellulose], Vitamins & Minerals [Vitamin C (Ascorbic acid), Niacin (Nicotinamide), Vitamin E (d-α-tocopheryl acetate prep)], Anti-caking agents [Magnesium stearate, Silicon dioxide], Vitamins & Minerals [Zinc oxide, Vitamin A (Retinol palmitate)], Glazing agent [Hydroxypropyl Methyl cellulose], Vitamins & Minerals [Pantothenic acid (Calcium pantothenate), Manganese sulphate, Vitamin D (Ergocalciferol), Copper sulphate, Vitamin B6 (Pyridoxine hydrochloride), Riboflavin, Thiamin (as Mononitrate), Vitamin B12 (Cyanocobalamin prep), Folic acid, Chromium chloride, Sodium selenite, Biotin].

Fish oil capsule: Fish oil (from Sardine/Clupeidae and Anchovies/Engraulidae), Gelatin (Bovine), Stabiliser (Glycerol), Antioxidant (Tocopherol-rich extract).

Fibre capsule: Sunflower seed oil, Inuline (Cichorium intybus L.), Gelatin, Emulsifier (Soy lecithin), Stabiliser (Glycerol), Glazing agent (Beeswax), Colour (Titanium dioxide).

Daily dose contains:

- 1 Multivitamin/Mineral tablet
- 1 Omega 3 fish oil capsule
- 1 Dietary fibre capsule

Daily dose contains:

Vitamin		
Vitamin A	800 µg RE	100% RDA
Vitamin D	5 µg	100% RDA
Vitamin E	12 mg α-TE	100% RDA
Vitamin C	80 mg	100% RDA
Thiamin (Vitamin B1)	1.1 mg	100% RDA
Riboflavin (Vitamin B2)	1.4 mg	100% RDA
Niacin	16 mg NE	100% RDA
Vitamin B6	1.4 mg	100% RDA
Folic acid	200 µg	100% RDA
Vitamin B12	2.5 µg	100% RDA
Biotin	50 µg	100% RDA
Pantothenic acid	6 mg	100% RDA
Mineral		
Zinc	10 mg	100% RDA
Copper	1000 µg	100% RDA
Manganese	2 mg	100% RDA
Selenium	55 µg	100% RDA
Chromium	40 µg	100% RDA

Fish oil	500 mg
Of which omega-3 fatty acids	300 mg
- EPA (eicosapentaenoic acid)	165 mg
- DHA (docosahexaenoic acid)	110 mg

Inulin (fibre)	200 mg
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RDA = Recommended daily allowance

Nutritional Requirements

In today's hectic lifestyle, a perfectly balanced diet may be hard to achieve and many people will need to top up on essential nutrients. Fitness Pharma have developed a dietary supplement specifically for that purpose so you can take the same supplements every day:

Fitness Pharma Daily Complete

For more information, see the individual active ingredient descriptions.

Vitamins and minerals

A multivitamin & mineral tablet is probably the most effective way of supplementing your diet. The vitamins and minerals are nutritional substances that meet the different physiological needs in the body's metabolism.

Fitness Pharma Daily Complete contains 100% of the recommended daily allowance of a number of essential vitamins and minerals in each daily dose.

Omega-3 fatty acids

Fat is the main source of energy in the human diet. It is now widely known that polyunsaturated fatty acids are far more preferable to saturated fatty acids. A diet with a high content of saturated fatty acids and trans fatty acids has an adverse effect on the blood cholesterol count, while mono and polyunsaturated fatty acids do not have the same adverse effect. An intake of fish and other foods with a high content of polyunsaturated fatty acids therefore offers a distinct health benefit.

Fitness Pharma Daily Complete contains a capsule of purified and concentrated oil from sardine and anchovy and provides 300 mg omega-3 fatty acids (both EPA and DHA) in each daily dose.

Dietary fibre

Dietary fibre is a ballast substance essential for a healthy gut function and the digestion of food. Dietary fibre binds to water, which eases the passage through the gut. Dietary fibre is found in wholemeal bread and coarse vegetables such as potato, cabbage and carrots. Inulin is a particularly beneficial type of dietary fibre and is present in high concentrations in chicory root and Jerusalem artichoke. Besides having the generally beneficial properties of other dietary fibres, inulin also has a prebiotic effect, meaning that it feeds the useful bacteria that promote digestion – lactic acid bacteria.

Fitness Pharma Daily Complete includes a capsule containing 200 mg of the dietary fibre inulin.