

Energy Complete

- Nutritional Support for Helping Maintain
Physical and Mental Capacity

Your daily energy booster

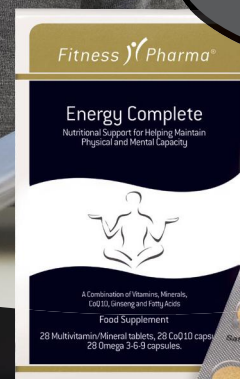
During periods of fatigue, convalescence, overwork and irregular meal and sleep patterns, an added boost of daily energy may be needed. Fitness Pharma have developed a dietary supplement specifically for this purpose.

Fitness Pharma Energy Complete
contains three Food Supplements:

- A Multivitamin & Mineral tablet with ginseng
- A Coenzyme Q10 capsule
- An Omega 3-6-9 capsule.

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

New!
Contains three Food
Supplements



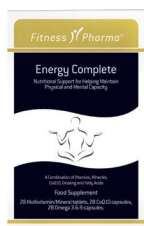
Energy Complete is available from health food shops
and selected pharmacies.

Fitness Pharma®
A DAILY ENERGY BOOSTER

Fitness Pharma Energy Complete

- Tops up physical and mental energy

- Use:** Tops up physical and mental capacity from essential nutrients, polyunsaturated fatty acids, Coenzyme Q10 and ginseng.
- Contents:** 28 convenient daily doses
- Recommended dosage:** 1 multivitamin & mineral tablet also containing ginseng + 1 Coenzyme Q10 capsule + 1 Omega 3-6-9 capsule.
- Ingredients:**
- Vitamin/Mineral tablet:* Bulking agents [Microcrystalline cellulose, Sodium carboxymethyl cellulose, Polyvinylpyrrolidone], Vitamins & Minerals [Vitamin C (Ascorbic acid)], Panax ginseng root extract, Vitamins & Minerals [Vitamin E (d- α -tocopheryl acetate prep)], Anti-caking agents [Magnesium stearate, Silicon dioxide], Vitamins & Minerals [Niacin (Nicotinamide), Zinc oxide, Pantothenic acid (Calcium pantothenate), Vitamin A (Retinol palmitate)], Glazing agents [Hydroxypropyl methyl cellulose, Glycerol], Vitamins & Minerals [Copper sulphate, Vitamin B12 (Cyanocobalamin prep), Vitamin D (Cholecalciferol), Vitamin B6 (Pyridoxine hydrochloride), Thiamin (Hydrochloride), Riboflavin, Folic acid, Chromium chloride, Sodium selenate, Biotin].
- Coenzyme Q10 capsule:* Soya bean oil, Gelatin, Stabiliser (glycerol), Coenzyme Q10 (Ubidecarenon), Emulsifier [Soy bean lecithin], Antioxidant (d- α -Tocopherol prep), Colour (Iron oxide).
- Omega 3-6-9 capsule:* Fish oil concentrate (from Sardine/Clupeidae and Anchovies/Engraulidae), Gelatin (bovine), Borage oil (Borago officinalis L.), Stabiliser (glycerol), Virgin olive oil (Olea europaea L.), Vitamin E (d- α -Tocopherol).



Daily dose contains:

1 Multivitamin/Mineral tablet
1 Coenzyme Q10 capsule
1 Omega 3-6-9 capsule

Daily dose contains:

Vitamin		
Vitamin A	800 μ g RE	100% RDA
Vitamin D	5 μ g	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 μ g	100% RDA
Vitamin B12	2.5 μ g	100% RDA
Biotin	50 μ g	100% RDA
Pantothenic acid	6 mg	100% RDA
Mineral		
Zinc	10 mg	100% RDA
Copper	1000 μ g	100% RDA
Chromium	40 μ g	100% RDA
Selenium	55 μ g	100% RDA

Korean ginseng root extract: 50 mg
[corresponding to 500 mg dried root with 10 mg Ginsenosides]

Co-enzyme Q10 30 mg

Fish oil concentrate 375.5 mg
Of which omega-3 fatty acids 225 mg
Of which
- EPA (eicosapentaenoic acid) 125 mg
- DHA (docosahexaenoic acid) 85 mg
Borage oil 100 mg
Of which omega-6 fatty acid
- GLA (gamma-linoleic acid) 20 mg
Olive oil 50 mg
Of which omega-9 fatty acid
- Oleic acid 40 mg

RDA = Recommended daily allowance

Nutritional Requirements

During periods of fatigue, convalescence, overwork and irregular meal and sleep patterns, an added boost of daily energy may be needed. Fitness Pharma have developed a dietary supplement specifically for that purpose:

Fitness Pharma Energy Complete

For more information, see the individual active ingredient descriptions.

Coenzyme Q10

Coenzyme Q10 is also known as ubiquinone. Coenzyme Q10 is neither a vitamin nor a mineral but a helper substance (Coenzyme) involved in cell energy conversion and therefore essential for normal energy production in the body.

The cells convert energy from dietary intake into a form that allows it to be stored and used as and when required. Humans can produce their own Coenzyme Q10 but obtain most of it from their diet. Coenzyme Q10 is present in meat and fish and in nuts, pulses, food oils and certain grains. It has not been fully established how much Coenzyme Q10 is obtained from our dietary intake, but it is believed to be in the order of four to six milligrams a day.

Fitness Pharma Energy Complete includes a capsule containing 30 mg pure Coenzyme Q10.

Omega-3-6-9 capsule

Fat is the main source of energy in the human diet. It is now widely known that polyunsaturated fatty acids are 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. Intake of fish and other foods with a high content of polyunsaturated fatty acids is therefore a distinct health benefit.

Fat in food consist of three different types of fatty acid: saturated, monounsaturated and polyunsaturated fatty acids. Monounsaturated fatty acids (omega-9) are found in foods such as olive oil, while polyunsaturated fatty acids are found in most fish (omega-3) and certain types of vegetable oils (omega-6).

Fitness Pharma Energy Complete includes a capsule containing a special blend of fish oils and vegetable oils to provide omega 3, 6 and 9 fatty acids.

Vitamin, Mineral & Ginseng

A multivitamin & mineral tablet is probably the commonest way of obtaining a dietary supplement. The vitamins and minerals are nutritional substances that meet different physiological needs in the body's metabolism.

Fitness Pharma Energy Complete contains 10 mg ginsenosides per daily dose, equivalent to 500 mg dried ginseng root.