



✓ lactose-free  
✓ gluten-free

# For Men

## DEPOT

### Vitamins and minerals for men

For men in each life stage an optimal supply with essential vitamins, minerals and trace elements is important for health and well-being. Essential nutrients cannot be synthesized by the body itself and must be taken in regularly with food. The requirement for nutrients differs between women and men.

Doppelherz® aktiv For Men DEPOT contains carefully selected vitamins, minerals and trace elements from vitamin A to zinc, which are involved in numerous metabolic processes in the body of men.

Additionally contained are 20 mg coenzyme Q10, 50 mg pomegranate extract and 135 mg pumpkin seed extract.

A sufficient supply of magnesium, B-vitamins, selenium and zinc is particularly important for men. Magnesium supports the normal muscle function. Vitamins B1, B2, B6, B12, biotin, niacin, and pantothenic acid are involved in normal energy metabolism. The trace element zinc supports normal fertility.

With only 1 depot tablet, important nutrients are gradually released in the body over many hours and nourish the bodies metabolic processes.

#### Recommendation:

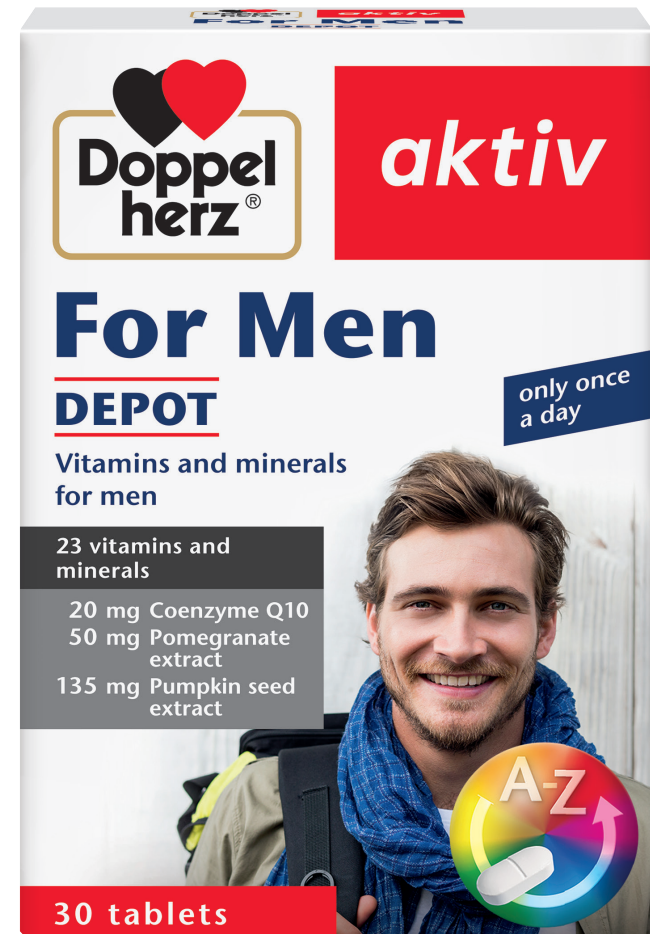
Take one tablet daily at meal with enough liquid.

#### Please note:

Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle. Store out of the reach of young children. Not suitable for children and adolescents under the age of 18 years. Do not take this product in case of hemosiderosis and iron metabolism disorders.

#### One tablet contains:

400 µg RE Vitamin A, 200 mg Calcium, 16 mg α-TE Vitamin E, 150 mg Magnesium, 120 mg Vitamin C, 3.75 mg Iron, 30 µg Vitamin K, 100 µg Iodine, 2.2 mg Vitamin B<sub>1</sub>, 500 µg Copper, 2.1 mg Vitamin B<sub>2</sub>, 1 mg Manganese, 2.8 mg Vitamin B<sub>6</sub>, 20 µg Chromium, 3 µg Vitamin B<sub>12</sub>, 25 µg Molybdenum, 5 µg Vitamin D, 40 µg Selenium, 75 µg Biotin, 7.5 mg Zinc, 200 µg Folic acid, 20 mg Coenzyme Q10, 16 mg NE Niacin, 50 mg Pomegranate extract, 6 mg Pantothenic acid, 135 mg Pumpkin seed extract



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