

# FORTE VF Q10 30 CAPS SUPPLEMENT

## MULTIVITAMINS

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#### For Adults

#### Directions:

Fights fatigue and enhances performance physical, strengthens the immune, antioxidant, slows aging, aid in diseases joints, promotes circulation blood, useful in disease respiratory structures remains teeth, prevents anemia. to the added coenzyme Q10, is favored control of some diseases and fight free radicals.



#### Ingredients:

Calcium, Phosphorus, Vitamin C, Nicotinamide, Soy Lecithin, Iron, Potassium, Coenzyme Q-10, Magnesium, Manganese, Zinc, Vitamin A, B1, B2, B5, B6, B12, D2, abstract And deodorized garlic concentrate Soybean Oil.

#### Calcium

Essential part of bones and teeth as well as almost all tissues. Its deficiency causes softening and weakness bone fractures, osteoporosis and muscle weakness, cramps and muscle contractions.

#### Phosphorus

Participate in growth. In the formation and maintenance of bones. The development of the teeth, the normal secretion of milk mother. The formation of muscle and cellular development. In the absence of this mineral may occur decay, weakness and tremors.

#### Vitamin C

Supports immunity. Stimulates production of white blood cells, which fight infection. You can reduce the duration of the flu, asthma and allergies.

#### Nicotinamide

Provides energy to cells. Helps in the formation of hormones in the body. Maintains healthy skin and digestive system. In the absence can cause inflammation of the skin, gastrointestinal disorders, fatigue and depression.

#### Soy lecithin

This oil is rich in minerals, and contains vitamin A, B Complex, Vitamin E and K which has preventive properties and curative for some alterations in the body. Works as an excellent agent for weight control. Mobilizes and burns fat. Helps reduce cholesterol accumulation in preventing arteries.

#### Iron

It is an essential part of red blood cells and serves to oxygenate the body, its deficiency leads to anemia and low resistance infections.

#### Potassium

Increases the activity of the kidney in removing helping toxins. Helps keep the heart rate and blood pressure normal. Essential for transmission of all nerve impulses. Its deficiency can cause muscle weakness, fatigue, dizziness and confusion.

#### Coenzyme Q-10

It is essential for processing and energy input to each cell. It is useful to prevent some allergies. Improves exercise tolerance in sedentary people. Strengthens the immune system. Promotes oxygenation and fights free radicals, which slows the aging process It can help to reduce weight naturally. CoQ10 can benefit: muscle disorders, multiple sclerosis, Alzheimer's disease, lupus, schizophrenia, fatigue and exercise intolerance.

#### Magnesium

Useful in the formation of bones and teeth. Involved in muscle function. Provides energy. Helps prevent some infections. Its deficiency can cause muscle weakness, twitching, loss of appetite, nervous disorders, gastrointestinal, cardiovascular and renal diseases.

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\*De acuerdo a lo publicado en el diario oficial de la federación con fecha 26 de marzo 2015 Recuerde, no a la automedicación. Consulte a su médico. La imagen puede variar con respecto al producto final y zona geográfica. El consumo de este producto es responsabilidad de quien lo recomienda y quien lo usa.

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#### Manganese

It is useful in the synthesis of sex hormones in the use Vitamin E and cartilage formation. Manganese deficiency causes changes in motility, vertigo and hearing loss.

#### Zinc

Essential for the development of sexual organs in fertility and reproduction. It is a useful function of taste and smell. Involved in defending the body. Promotes healing of wounds. Is necessary for the formation of insulin. The deficiency can cause diarrhea, hair loss, loss of taste and smell, fatigue and hearing slow wound.

#### Vitamin A

Supports the formation and maintenance of healthy teeth, bones, skin and membranes. Allows the development of good vision. Lack of vitamin A may increase susceptibility infectious diseases and cause problems vision.

#### Calcium Pantothenate

Aids metabolism of food. Synthesis of hormones and cholesterol. Its absence leads to reduced defenses against cases of infection, bleeding, weakness and dizziness.

#### Vitamin B1

It helps the proper functioning of the nervous system. Contributes to growth and helps maintain the skin. Lack thereof, creates irritability, loss of appetite, fatigue, depression, constipation, numbness in legs.

#### Vitamin B2

It is vital for: Growth. Reproduction. The good condition of the skin, nails, hair and membranes. The vision and relieve eyestrain. Its deficiency causes inflammation of the mucous membranes, mouth and / or sore lips, anemia and dermatitis.

#### Vitamin B5

Aids metabolism of food. Synthesis of hormones and cholesterol. Its absence leads to reduced defenses in cases infection, bleeding, weakness and dizziness.

#### Vitamin B6

Is essential for growth. Helps properly assimilate proteins, carbohydrates and fats and defenses and make red blood cells. Prevents nervous and skin. Its deficiency causes nervousness, depression, weakness and skin disorders, in the absence favors the formation of arteriosclerosis.

#### Vitamin B12

Participates in the regeneration of bone marrow and blood red Is necessary for DNA synthesis and in the nervous system. Improves concentration and memory, relieves irritability. Reduces fatigue.

#### Vitamin D2

Help the proper absorption of calcium. When failure occurs in bone and muscle weakness.

Those who work at night or are not sufficiently exposed to the sun should take special care to consume.

#### Deodorized garlic

Helps fight arthritis and rheumatism. Improves the blood circulation. Slight decreases respiratory diseases. It strengthens the roots of the teeth. Aid the absorption of iron. Prevent infectious diseases by improving the functioning the immune system.

#### Soybean Oil

Soybean oil is one of the most recommended oils human nutrition. It also has a high content of Vitamin E. It has a unique blend of essential fatty acids (Omega 3, Omega 6) that help reduce the risk of diseases heart disease.