# MEGA SPORT MULTIVITAMIN

Swedish Nutra's Mega Sport is a yummy/delicious orange flavoured liquid multivitamin enriched with the energetic power of ginseng and iron to help you to be at your best.
**Boost your performance/results.** So if you are looking for the best supplement for active people, here is one of the finest out there. We've put together the best-known vitamins and minerals, according to high-quality evidence, to best fuel your hardworking body.
Mega Sport 500 ml has a high potent and evidence-based formula that provides a 33 day supply of vitamins, minerals, aminos and super greens in only 15 ml.

# EVIDENCE BASED RESULTS

Swedish Nutra´s products are laboratory tested and backed up by nutritional evidence science. Mega Sport Multivitamin contains hand-picked ingredients in line with EU standards, guaranteeing a potent/rich evidence-based formula/mix/product.
Mega Sport Multivitamin contains a unique and powerful mix with science-based evidence to support:

- reduction of tiredness and fatigue
- oxygen transport in the body
- immune system during and after intense physical exercise
- muscle function
- eyes
- nervous system
- protection of cells from oxidative stress
- hormonal activity
- hair and nails
- cell division
- thyroid function

# QUALITY

Swedish Nutra is obsessed with quality. All our products are manufactured, packed and tested in Sweden according to **Good Manufacturing Practice (GMP),** providing quality assurance in order to ensure that all manufactured products are consistently produced and controlled according to EU quality standards.
Swedish Nutra is approved by the Swedish Health Authority (Livsmedelsverket).
Mega Sport Multivitamin contains a unique and energy-boosting formula.

- Natural Fruit Flavors
- Natural Colours
- Liquid
- No Yeast
- Gluten Free
- Non GMO

## SUGGESTED USE

**Shake well. Take 15 ml** daily, preferably in the morning.

## WARNINGS

If you are pregnant or nursing a baby, taking any medications or have any medical condition seek the advice of a health professional before use. Nutritional supplements should not be used as a replacement for a healthy balanced diet. Keep out of the reach of children.

## HEALTH CLAIMS

European Food Safety Authority (EFSA) has established rules on health claims, authorised and listed in the *Annex of Regulation (EC) No 1924/2006.* This regulation is the legal framework used by food business operators when they want to highlight the particular beneficial effects of their products, in relation to health and nutrition, on the product label or in its advertising. The objective is to ensure that any health claim made is accurate and based on scientific evidence. Food bearing claims that could mislead consumers are prohibited on the EU market. This not only protects consumers, but also promotes innovation and ensures fair competition.

## AUTHORISED HEALTH CLAIMS FOR MEGA SPORT MULTIVITAMIN

We've listed health claims permitted to use when labelling, presenting or advertising **Mega Sport** in the European Union.

**Vitamin A (retinyl acetate) contributes to**

- normal iron metabolism
- the maintenance of normal mucous membranes
- the maintenance of normal skin
- the maintenance of normal vision
- the normal function of the immune system
- the process of cell division

**Vitamin C (L-ascorbic acid) contributes to**

- maintain the normal function of the immune system during and after intense physical exercise
- normal collagen formation for the normal function of blood vessels
- normal collagen formation for the normal function of bones
- normal collagen formation for the normal function of cartilage
- normal collagen formation for the normal function of gums
- normal collagen formation for the normal function of skin
- normal collagen formation for the normal function of teeth
- normal energy-yielding metabolism
- normal functioning of the nervous system
- normal psychological function
- normal function of the immune system

- the protection of cells from oxidative stress
- the reduction of tiredness and fatigue
- the regeneration of the reduced form of vitamin E
- increase iron absorption

**Vitamin D3 (cholecalciferol) contributes to**

- normal absorption/utilisation of calcium and phosphorus
- normal blood calcium levels
- the maintenance of normal bones
- the maintenance of normal muscle function
- the maintenance of normal teeth
- the normal function of the immune system
- have a role in the process of cell division

**Vitamin E (DL-alpha tocopheryl acetate) contributes to**

- the protection of cells from oxidative stress

**Vitamin B1 (thiamine HCL) contributes to**

- normal energy-yielding metabolism
- normal functioning of the nervous system
- normal psychological function
- the normal function of the heart

**Vitamin B2 (riboflavin) contributes to**

- normal energy-yielding metabolism
- normal functioning of the nervous system
- the maintenance of normal mucous membranes
- the maintenance of normal red blood cells
- the maintenance of normal skin
- the maintenance of normal vision
- the normal metabolism of iron
- the protection of cells from oxidative stress
- the reduction of tiredness and fatigue

**Vitamin B3 (niacinamide) contributes to**

- normal energy-yielding metabolism
- normal functioning of the nervous system
- normal psychological function
- the maintenance of normal mucous membranes
- to the maintenance of normal skin
- the reduction of tiredness and fatigue

**Vitamin B6 (pyridoxine HCL) contributes to**

- normal energyyielding metabolism
- normal functioning of the nervous system
- normal homocysteine metabolism
- normal protein and glycogen metabolism
- normal psychological function

- normal red blood cell formation
- the normal function of the immune system
- the reduction of tiredness and fatigue
- the regulation of hormonal activity

**Vitamin B9 (folic acid)** intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus. The target population is women of child-bearing age and the beneficial effect is obtained with a supplemental folic acid daily intake of 400 g for at least one month before and up to three months after conception.

**Vitamin B12 (cyanocobalamin) contributes to**
- normal energyyielding metabolism
- normal functioning of the nervous system
- normal homocysteine metabolism
- normal psychological function
- normal red blood cell formation
- the normal function of the immune system
- the reduction of tiredness and fatigue
- have a role in the process of cell division

**Vitamin B7 (D-biotin) contributes to**
- normal energy-yielding metabolism
- normal functioning of the nervous system
- normal macronutrient metabolism
- normal psychological function

**Vitamin B5 (D-Calcium Pantothenate) contributes to**
- normal energy-yielding metabolism
- normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
- the reduction of tiredness and fatigue
- normal mental performance

**Vitamin K (menaquinone) contributes to**
- normal blood clotting
- the maintenance of normal bones

**Calcium (as gluconate) contributes to**
- normal blood clotting
- normal energy-yielding metabolism
- normal muscle function
- normal neurotransmission
- the normal function of digestive enzymes
- have a role in the process of cell division
- the maintenance of normal bones
- the maintenance of normal teeth

**Magnesium (as gluconate) contributes to**
- to a reduction of tiredness and fatigue

- to electrolyte balance
- to normal energyyielding metabolism
  to normal functioning of the nervous system
- to normal muscle function
- to normal protein synthesis
- to normal psychological function
- to the maintenance of normal bones
- to the maintenance of normal teeth
- have a role in the process of cell division

**Zinc (as gluconate) contributes to**

- to normal DNA synthesis
- to normal acid-base metabolism
- normal carbohydrate metabolism
- normal cognitive function
- normal fertility and reproduction
- normal macronutrient metabolism
- normal metabolism of fatty acids
- normal metabolism of vitamin A
- normal protein synthesis
- the maintenance of normal bones
- the maintenance of normal hair
- the maintenance of normal nails
- the maintenance of normal skin
- the maintenance of normal testosterone levels in the blood
- the maintenance of normal vision
- the normal function of the immune system
- the protection of cells from oxidative stress
- have a role in the process of cell division

**Selenium (sodium selenite) contributes to**

- normal spermatogenesis
- the maintenance of normal hair
- the maintenance of normal nails
- the normal function of the immune system
- the normal thyroid function
- the protection of cells from oxidative stress

**Copper (as gluconate) contributes to**

- maintenance of normal connective tissues
- normal energy-yielding metabolism
- normal functioning of the nervous system
- normal hair pigmentation
- normal iron transport in the body
- normal skin pigmentation
- the normal function of the immune system
- the protection of cells from oxidative stress

**Manganese (as gluconate) contributes to**

- to normal energyyielding metabolism
- to the maintenance of normal bones
- to the normal formation of connective tissue
- to the protection of cells from oxidative stress

**Iron (ferrous gluconate) contributes to**

- to normal cognitive function
- normal energy-yielding metabolism
- normal formation of red blood cells and haemoglobin
- normal oxygen transport in the body
- the normal function of the immune system
- the reduction of tiredness and fatigue
- have a role in the process of cell division

**Chromium (picolinate) contributes to**

- normal macronutrient metabolism
- the maintenance of normal blood glucose levels

**Potassium (as citrate) contributes to**

- to normal functioning of the nervous system
- normal muscle function
- the maintenance of normal blood pressure

**Iodine (potassium iodide) contributes to**

- the normal growth of children
- normal cognitive function
- normal energy-yielding metabolism
- normal functioning of the nervous system
- the maintenance of normal skin
- the normal production of thyroid hormones and normal thyroid function

**Choline (L-bitartrate) contributes to**

- normal homocysteine metabolism
- the maintenance of normal liver function