

ESSENTIALS

The multifaceted
mode of action
of VABO-N
ESSENTIALS



According to the Health
Claims Regulation of the EFSA



The multifaceted mode of action of VABO-N ESSENTIALS

VABO ^N

According to the Health Claims Regulation of the EFSA

01 GENERAL WELL-BEING

- ✔ Contributes to the normal **function of the immune system** _____ Vitamin A, Vitamin C, Vitamin B6, B12, Vitamin D, Folate, Zinc, Selenium
- ✔ Contributes to the normal **function of the heart** _____ Vitamin B1
- ✔ Contributes to the normal **thyroid function** _____ Selenium
- ✔ Contributes to the maintenance of normal **vision** _____ Vitamin A, Vitamin B2, Zinc
- ✔ Contributes to the maintenance of normal **mucous membranes** _____ Vitamin A, Vitamin B2, Niacin, Biotin

02 MENTAL WELLBEING

- ✔ Contributes to the **reduction of tiredness and fatigue** _____ Vitamin C, Vitamin B2, B6, B12, Niacin, Pantothenic Acid, Folate, Magnesium
- ✔ Contributes to normal functioning of the **nervous system** _____ Vitamin C, Vitamin B1, B2, B12, Niacin, Biotin, Magnesium
- ✔ Contributes to normal **mental performance** _____ Pantothenic Acid
- ✔ Contributes to normal **psychological function** _____ Vitamin C, Vitamin B1, B6, B12, Niacin, Biotin, Folate, Magnesium
- ✔ Contributes to normal **cognitive function** _____ Zinc



The multifaceted mode of action of VABO-N ESSENTIALS

According to the Health Claims Regulation of the EFSA

VABO ^N

03 METABOLIC HEALTH

- ✔ Contributes to normal **energy-yielding metabolism** _____ Vitamin C, Vitamin B1, B2, B6, B12, Niacin, Pantothenic Acid, Biotin, Magnesium
- ✔ Contributes to normal **homocysteine metabolism** _____ Vitamin B6, B12, Folate, Choline
- ✔ Contributes to normal **macronutrient metabolism** _____ Biotin, Zinc
- ✔ Contributes to normal **carbohydrate metabolism** _____ Zinc
- ✔ Contributes to normal **iron metabolism** _____ Vitamin A, Vitamin B2
- ✔ Increases **iron absorption** _____ Vitamin C
- ✔ Contributes to normal **metabolism of vitamin A** _____ Zinc
- ✔ Contributes to normal **absorption/utilisation of calcium and phosphorus** and to normal **blood calcium levels** _____ Vitamin D
- ✔ Contributes to normal **protein and glycogen metabolism** _____ Vitamin B6
- ✔ Contributes to normal **protein synthesis** _____ Zinc, Magnesium
- ✔ Contributes to normal **synthesis and metabolism of steroid hormones, vitamin D** and some **neurotransmitters** _____ Pantothenic Acid
- ✔ Contributes to normal **amino acid synthesis** _____ Folate
- ✔ Contributes to normal **acidbase metabolism** _____ Zinc
- ✔ Contributes to normal **metabolism of fatty acids** _____ Zinc
- ✔ Contributes to normal **blood formation** _____ Folate
- ✔ Contributes to the **maintenance of normal red blood cells** _____ Vitamin B2, B6, B12



The multifaceted mode of action of VABO-N ESSENTIALS

According to the Health Claims Regulation of the EFSA

VABO ^N

04 ANTI-AGING FACTOR

- ✔ Contributes to the **protection of cells** from **oxidative stress** _____ Vitamin C, Vitamin E, Vitamin B2, Zinc, Selenium
- ✔ Contributes to the maintenance of **normal bones** _____ Vitamin D, Zinc, Magnesium
- ✔ Has a role in the process of **cell division** _____ Vitamin D, Vitamin B12, Folate, Zinc, Magnesium
- ✔ Has a role in the process of **cell specialisation** _____ Vitamin A

05 BEAUTY HELPER

- ✔ Contributes to the maintenance of normal **teeth** _____ Vitamin D, Magnesium
- ✔ Contributes to the maintenance of normal **skin** _____ Vitamin A, Vitamin B2, Niacin, Biotin, Zinc
- ✔ Contributes to the maintenance of normal **hair** _____ Biotin, Zinc, Selenium
- ✔ Contributes to the maintenance of normal **nails** _____ Zinc, Selenium
- ✔ Contributes to normal collagen formation for the normal function of **blood vessels, bones, cartilage, gums, skin and teeth** _____ Vitamin C



The multifaceted mode of action of VABO-N ESSENTIALS

According to the Health Claims Regulation of the EFSA

VABO ^N

06 SPORT SUPPORT

- ✔ Contributes to the maintenance of normal **muscle function** ___ Vitamin D, Magnesium
- ✔ Contributes to maintain the normal function of the **immune system** during and after intense physical exercise ___ Vitamin C
- ✔ Contributes to **electrolyte balance** _____ Magnesium

07 SEXUAL HEALTH

- ✔ Contributes to maternal tissue growth during pregnancy ____ Folate
- ✔ Contributes to the regulation of hormonal activity _____ Vitamin B6
- ✔ Contributes to the maintenance of normal **testosterone levels** in the blood _____ Zinc
- ✔ Contributes to normal **spermatogenesis** _____ Selenium
- ✔ Contributes to normal **fertility** and **reproduction** _____ Zinc

