

# APEX Excerpt from the different operating modes of VABO-N APEX



According to the Health Claims Regulation of the EFSA

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### 01 GENERAL WELLBEING



## 02 MENTAL WELLBEING

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### 03 5



- 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 a growth in muscle mass \_\_\_\_\_ Protein
- Contributes to the maintenance of muscle mass \_\_\_\_\_\_ Protein

## 04 BEAUTY HELPER

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



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#### 05

#### METABOLIC HEALTH

🛿 Contributes to normal energy-yielding metabolism \_\_\_\_\_\_ Magnesium, Vitamin C, Vitamin B1, B2, B6, B12, Niacin, Pantothenic Acid, Biotin Contributes to normal homocysteine metabolism
Vitamin B6, B12, Folate Contributes to normal macronutrient metabolism
Biotin, Chromium, Zinc Contributes to normal carbohydrate metabolism \_\_\_\_\_\_ Zinc 🛇 Contributes to normal **iron metabolism** 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 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 🛿 Is traditionally used to help in **weight control** and **fat metabolism** \_\_\_\_\_\_ Guarana Is traditionally used to help in weight control and fat metabolism



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#### 06

#### ANTI-AGING FACTOR

- Contributes to the protection of cells from **oxidative stress** \_\_\_\_\_\_ Vitamin C, Vitamin E, Vitamin B2, Zinc
- Contributes to the maintenance of **normal bones** \_\_\_\_\_\_ Vitamin D, Zinc
- Section 2012 Has a role in the process of **cell division** Vitamin D, Vitamin B12, Folate, Zinc
- C Helps to reinforce the **antioxidant defences** of the body\_\_\_\_\_\_ Green tea extract

#### 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 fertility and reproduction \_\_\_\_\_ Zinc

