

MICRONUTRIENTS

The human body only needs a small quantity of micronutrients. Unlike macronutrients, they do not give the body any energy, however, this does not mean that the body can do without them. Their deficiency can cause serious damage to health. Macronutrients include vitamins and minerals.

VITAMINS

VITAMINS SOLUBLE IN FATS

VITAMIN A

This supports healthy eyesight, skin and mucous membrane.

VITAMIN K

Supports proper blood coagulation. Also produced by intestinal bacteria.

VITAMIN E

It supports heart and blood vessel health. It is an anti-oxidant and has a positive effect on fertility.

VITAMIN D

It supports reception of calcium. Vitamin D is also created in the skin after exposure to sun radiation.

MINERALS SOLUBLE IN WATER

VITAMIN C

It supports immunity and healing of wounds; it is an anti-oxidant and helps absorption of iron.

VITAMIN B1

It affects the use of saccharides in the body.

VITAMIN B2

Helps in the transformation of substances, supports the health of the skin, eyes and nervous system.

VITAMIN B3

It supports the transformation of all nutrients, as well as the nervous system and heart.

VITAMIN B12

It supports the creation of proteins and red blood cells. It contributes to the correct function of the nervous system. It increases appetite. It is only present in products of animal origin.

VITAMIN H

It supports bone and hair health and is a component of fat metabolism. Also produced by intestinal bacteria.

VITAMIN B5

It supports the metabolism, particularly the decomposition of fats, contributes to the health of the hair and mucous membranes.

VITAMIN B6

It supports the nervous system and metabolism. It is a component of the blood formation system.

VITAMIN B9

It is necessary for the creation of RNA and DNA and is important for growth.

MINERALS

MACROELEMENTS

SODIUM

It influences water management in the human body and is involved in muscle activity.

POTASSIUM

It maintains the water balance in the human body. It supports healthy nervous, muscle and heart activity.

CHLORINE

It influences water management in the human body. It is a component of the alimentary juices.

SULPHUR

It is a component of the proteins and is involved in the building of new body tissues; it also has detoxication effects.

MAGNESIUM

It is involved in the creation of the bones. It supports immunity and the activities of the muscles, heart and nerves.

CALCIUM

It is necessary for maintenance of strong bones and teeth. It helps blood clotting, maintains proper nerve and muscle activity.

PHOSPHOROUS

Transfers energy from food. It is a building component of the bones. Supports the correct function of the brain and nerves.

MICROELEMENTS (TRACE ELEMENTS)

IRON

It is a component of the blood, in which it helps carry oxygen. Supports immunity.

ZINC

It supports immunity, maturing of the gametes, metabolism and protects eyesight.

FLUORINE

It supports the correct building of bones and teeth. It prevents tooth decay.

CHROME

It maintains the proper function of insulin.

COPPER

It is a component of iron metabolism.

MANGANESE

It is important for the bone tissues, cartilage and central nervous system.

MOLYBDENUM

It supports the strength of the bones and teeth.

IODINE

It supports normal function of the Thyroid gland, correct growth, development of the brain and correct function of the nerves and muscles.

SELENIUM

It is an antioxidant, which supports the activity of the Thyroid gland and sperm development.

COBALT

It is a component of Vitamin B12 and enzymes; it supports blood formation.

