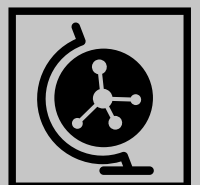


**Edition:
06/2026**

Product data sheets 2026

T&D Pharma GmbH



Laxative/Gastro

Bisacodyl AIWA® 5 mg	<i>sugar-coated tablets</i>
Lactulose AIWA® 670 mg/ml 200/500/1000 ml	<i>solution</i>
Lactulose AIWA® 10g/15 ml plum flavour	<i>solution</i>

Minerals / Vitamins / Trace elements

Ferro AIWA® 100 mg	<i>film-coated tablets</i>
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Food supplements

B-FIT® with B12 (MOQ 10,000 units)	<i>drinking ampoules</i>
Cranberry AIWA® (MOQ 10,000 units)	<i>soft capsules</i>
D-Day® long (MOQ 10,000 units)	<i>soft capsules</i>
GEM OMEGA 3®	<i>soft gelatin capsules</i>
German Apple cure	<i>effervescent tablets</i>
German Calcium	<i>effervescent tablets</i>
German Calcium + D3	<i>effervescent tablets</i>
German Calcium + Vitamin C	<i>effervescent tablets</i>

German Iron	<i>effervescent tablets</i>
German Magnesium	<i>effervescent tablets</i>
German Multivitamin	<i>effervescent tablets</i>
German Multivitamin + Minerals	<i>effervescent tablets</i>
German Multivitamins for children	<i>effervescent tablets</i>
German Vitamin C	<i>effervescent tablets</i>
German Zinc	<i>effervescent tablets</i>
iC Direct®	<i>sachets with micro-pellets</i>
iFol® (MOQ 10,000 units)	<i>drinking ampoules</i>
Ferro AIWA® plus (MOQ 10,000 units)	<i>soft capsules</i>
Magnesium AIWA® 375 mg	<i>sachets with micro-pellets</i>
Neo AIWA® (MOQ 10,000 units)	<i>capsules</i>
Neo AIWA® plus Fe ⁺⁺ (MOQ 10,000 units)	<i>capsules</i>
Osteo AIWA® forte + Vitamin D3	<i>effervescent tablets</i>
OXI-C® 1000 mg Immun plus	<i>effervescent tablets</i>
Q10 AIWA® plus	<i>soft capsules</i>
Vitamin B-Complex AIWA® (MOQ 10,000 units)	<i>capsules with prolonged release</i>
Vitamin C + Zinc AIWA® (MOQ 10,000 units)	<i>capsules with prolonged release</i>



Not available in every country

Please send inquiries to info@td-pharma.de

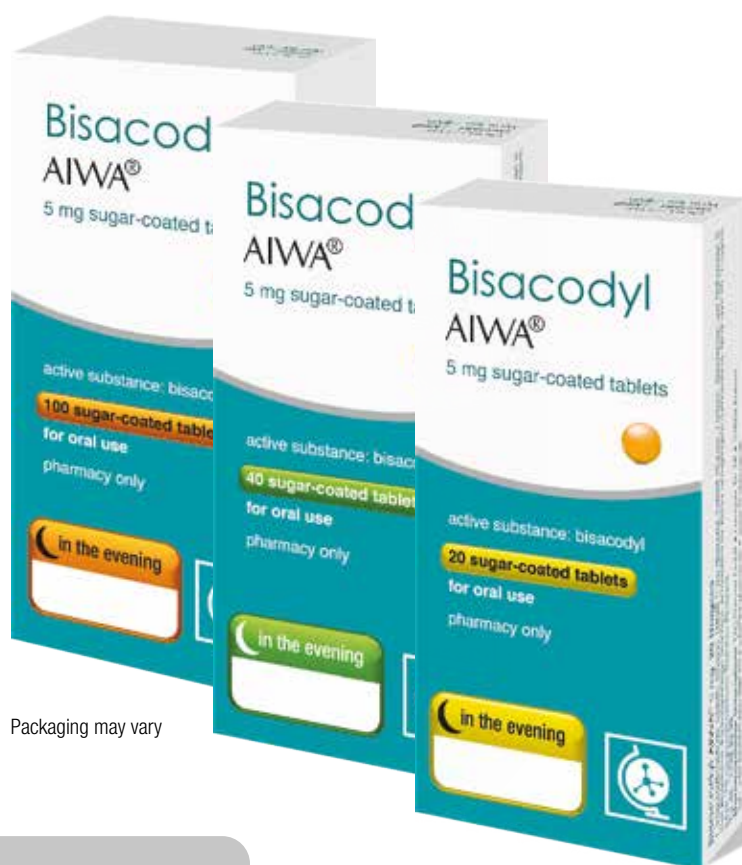
LAXATIVE/GASTRO

MINERALS/VITAMINS/
TRACE ELEMENTS

FOOD SUPPLEMENT

Bisacodyl AIWA® 5 mg

active substance: bisacodyl



Packaging may vary

Application

Bisacodyl AIWA® 5 mg is a laxative.

Duration of treatment

For adults and children over 10 years, it is recommended that 1 to 2 Bisacodyl AIWA® 5 mg coated tablets (equivalent to 5-10 mg bisacodyl) are taken once daily in the evening before bedtime. For children aged 2 to 10 years, it is recommended that 1 Bisacodyl AIWA® 5 mg coated tablet (equivalent to 5 mg bisacodyl) is taken once daily in the evening before bedtime. Swallow Bisacodyl AIWA® 5 mg whole with sufficient liquid (preferably a glass of water but not with milk). The onset of action should be immediate, i.e. after 6 to 10 hours.

Applications of Bisacodyl AIWA®

- It is used over short periods for constipation, as well as in disorders requiring bowel movements to be eased.



Method of administration

It is recommended that 1 to 2 Bisacodyl AIWA® 5 mg coated tablets are taken once daily in the evening before bedtime.

Contents of the pack

Yellow, coated oral tablets. Bisacodyl AIWA® 5 mg is available in packs of 20, 40 and 100 gastro-resistant tablets.

Pharmaceutical Company and Manufacturer

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Bisacodyl AIWA® 5 mg



Ingredients

Each gastro-resistant tablet contains 5 mg bisacodyl. Bisacodyl AIWA® 5 mg contains glucose (dextrose), lactose (milk sugar) and sucrose (sugar).

Only take Bisacodyl AIWA® 5 mg after consulting your doctor if you know that you suffer from an intolerance to certain sugars.

Possible side effects

Abdominal cramps, abdominal pain, diarrhoea, nausea may be common. Rarely, dizziness may occur.

These are presumably circulatory reactions due to constipation-related abdominal pain or the discharge process itself.

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Since the introduction of bisacodyl in 1952, no undesirable or harmful effects during pregnancy have become known. Studies on the use during pregnancy have not been conducted. Therefore, Bisacodyl AIWA® 5 mg, like all medicines, should only be used during pregnancy after consulting your doctor.

It has been shown that the active substance is not excreted in human milk. Bisacodyl AIWA® 5 mg can therefore be used during breast-feeding.

Warnings and precautions

Do not take Bisacodyl AIWA® 5 mg

- if you are allergic to bisacodyl or any of the other ingredients of this medicine.
- if you have a bowel obstruction.
- Do not give to children under 2 years of age.
- in cases of acute inflammatory disorders of the gastrointestinal tract.

Talk to your doctor or pharmacist before taking Bisacodyl AIWA® 5 mg. In constipation, laxatives should be taken only for short periods of time. If you have persistent constipation, you should ask your doctor or pharmacist for advice before taking this medicine.

Treatment is guided by the symptoms. Fluid and salt losses (especially affecting potassium) should be corrected as appropriate.

Children

Bisacodyl AIWA® 5 mg must not be used in children under 2 years of age. Bisacodyl AIWA® 5 mg should only be used in children on doctor's advice.

For more information please read the package leaflet!



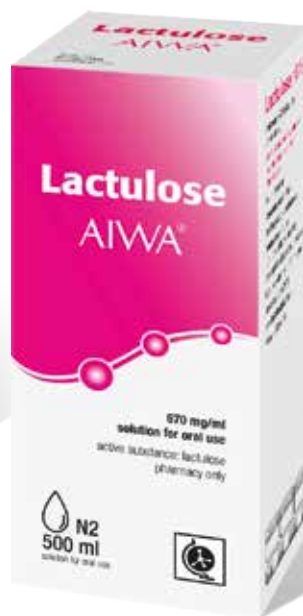
Lactulose AIWA®

670 mg/ml Solution

active substance: lactulose



Packaging may vary



Application

Lactulose AIWA® contains a laxative called lactulose. It makes the stool softer and easier to pass, by drawing water into the bowel. It is not absorbed into your body.

Duration of treatment

The recommended dose for constipation:

	Starting dose		Maintenance dose	
Adults and adolescents over 14 years	15-45 ml	corresponding to 10-30 g lactulose	15-30 ml	corresponding to 10-20 g lactulose
Children (7-14 years)	15 ml	corresponding to 10 g lactulose	10-15 ml	corresponding to 7-10 g lactulose
Children (1-6 years)	5-10 ml	corresponding to 3-7 g lactulose		
Babies	up to 5 ml	corresponding to up to 3 g lactulose		

Thereafter the dose can be reduced individually. The daily dose should be taken at once during the breakfast. It can take 2-3 days until the desired effect will be achieved since lactulose is not degraded until it reaches the colon.

Applications of Lactulose AIWA®

- It treats the symptoms of constipation.
- It treats a special liver disease (portal systemic encephalopathy).



Method of administration

Take your doses at the same time each day. The dose may be given once daily, for example during breakfast, or divided up to two doses a day.

Swallow the medicine quickly. Do not keep it in your mouth. You can take Lactulose AIWA® oral solution undiluted or diluted in some liquid. Use the measuring cup provided. During the treatment with laxatives you should drink sufficient amounts of fluids (approx. 2 l/day, equal to 6-8 glasses).

Contents of the pack

Lactulose AIWA® is a clear, viscous liquid, colourless or pale brownish-yellow solution. It is available in following pack sizes: Brownglass-bottles containing 200 ml, 500 ml or 1000 ml with a polyethylene screw cap or a polypropylene child resistant closure.

Pharmaceutical Company and Manufacturer

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Lactulose AIWA®

670 mg/ml Solution



Ingredients

1 ml of Lactulose AIWA® solution contains 670 mg lactulose. There are no other ingredients.

Possible side effects

Very common:

- diarrhoea

Uncommon:

- disturbance of the electrolyte balance due to diarrhoea

Common:

- flatulence
- nausea
- vomiting
- abdominal pain

Not known:

- allergic reactions
- rash
- itching
- hives

Pregnancy and breast-feeding

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Children

Lactulose AIWA® should not normally be given to infants and smaller children as it can disturb the normal reflexes for passing stools. In special circumstances your doctor may prescribe Lactulose AIWA® for a child, infant or baby. In these cases your doctor will supervise the treatment carefully.

Warnings and precautions

Do not take Lactulose AIWA®:

- if you are allergic to lactulose
- if you suffer from intestinal obstruction (ileus)
- if you suffer from intestinal perforation or an increased risk of intestinal perforation
- if you suffer from (hereditary) fructose intolerance
- if you suffer from (hereditary) galactose intolerance (e.g. galactosaemia).

You should not take this medicine if you suffer from:

- disturbance of the water and electrolyte balance
- acute inflammation of the gastrointestinal tract (combined with abdominal pain, vomiting and fever)
- (hereditary) glucose-galactose malabsorption.

If you have been experiencing constipation for a prolonged period of time, you should consult your doctor and be examined before starting treatment with this medicine. Chronic impairment of bowel movement may be a sign of a more serious illness!

During the treatment with laxatives you should drink sufficient amounts of fluids (1.5 to 2 litres per day, equal to 6-8 glasses). If you have been taking this medicine for several days and feel no improvement or if your symptoms worsen, please consult your doctor. If you have persistent loose stools when taking this medicine for a prolonged period of time, you should not take this medicine and consult your doctor.

Diabetics:

Please note, however, that this medicine contains digestible carbohydrates in 15 ml of syrup, e.g. fructose (fruit sugar), galactose, lactose (milk sugar), corresponding to a maximum of 0.21 bu. Higher doses of this medicine are particularly required in the treatment of portal systemic encephalopathy; an adjustment of your antidiabetic medication may be necessary.

Please note, however, that this medicine contains digestible carbohydrates in 15 ml of syrup, e.g. fructose (fruit sugar), galactose, lactose (milk sugar), corresponding to a maximum of 0.21 bu. Higher doses of this medicine are particularly required in the treatment of portal systemic encephalopathy; an adjustment of your antidiabetic medication may be necessary.

This medicine may increase the loss of potassium induced by other medicines taken at the same time. These include certain diuretics, adrenal hormones (corticosteroids) and the antifungal medication amphotericin B.

In case of potassium deficiency, the sensitivity to cardiac glycosides (e.g. digitoxin) is increased.

Lactulose AIWA contains lactose, galactose and epilactose.

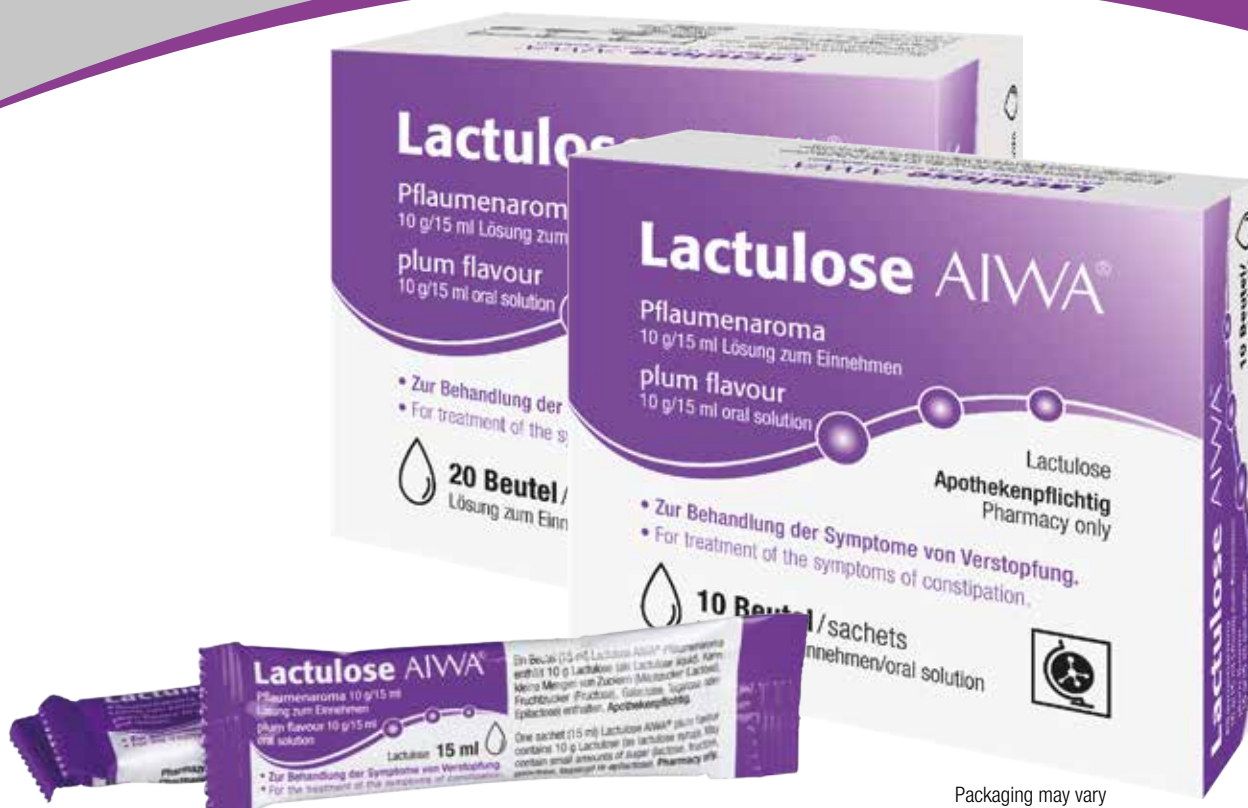
15 ml of lactulose contain 42.7 KJ (10.2 kcal) = 0.21 bu. The dose used for treatment may need to be taken into consideration for diabetics.

For more information please read the package leaflet

Lactulose AIWA®

Plum flavour 10 g/15 ml oral solution

Active substance: Lactulose



Packaging may vary

Duration of treatment

The recommended dose is:

	Starting dose		Maintenance dose	
Adults	15 – 45 ml daily	1 – 3 sachets, equivalent to 10 – 30 g lactulose	15 – 30 ml daily	1 – 2 sachets, equivalent to 10 – 20 g lactulose
Adolescents over 14 years	15 – 45 ml daily	1 – 3 sachets, equivalent to 10 – 30 g lactulose	15 – 30 ml daily	1 – 2 sachets, equivalent to 10 – 20 g lactulose
Children and adolescents (7 – 14 years)	15 ml daily	1 sachet, equivalent to 10 g lactulose	15 ml daily	1 sachet, equivalent to 10 g lactulose

For elderly patients (≥ 65 years) and patients with poor kidney or liver function, there are no special dosage recommendations.

Duration of administration: The treatment duration depends on the symptoms. It might take 2 - 3 days for the desired effect to occur because lactulose first has to be broken down in the colon.

Application of Lactulose AIWA® plum flavour

- It treats the symptoms of constipation
- Plum flavour and aroma
- Practical single dosage in sachets



Application

Lactulose AIWA® plum flavour is used to treat the symptoms of constipation.

Ingredients

The active substance is: lactulose.

One sachet (15 ml) of Lactulose AIWA® plum flavour contains 10 g lactulose (as lactulose syrup). The other ingredient is: plum flavouring. The plum flavouring consists of plum extract, ethanol, propylene glycol, flavouring and simple caramel.

Content of the pack

Lactulose AIWA® plum flavour is a clear, colourless to slightly brownish yellow, viscous oral solution with a plum aroma and taste, and is available in packs of 10 and 20 sachets.

Pharmaceutical Company and Manufacturer

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Lactulose AIWA®

Plum flavour 10 g/15 ml oral solution



Method of administration

Take your doses at the same time every day. The dose can be taken once daily, for instance at breakfast, or divided into two to three doses per day.

Swallow the medicine quickly. Do not keep it in your mouth.

You can take Lactulose AIWA® plum flavour oral solution undiluted or diluted in liquid.

During treatment with laxatives, you should drink plenty of fluids (approximately 1.5 - 2 L/day, equivalent to 6 - 8 glasses).

The dose should be reduced if diarrhoea occurs.

Lactulose is available in bottles for accurate dosing in babies, infants and children up to 6 years of age.

Possible side effects

The following side effects are known with Lactulose AIWA® plum flavour:

- Flatulence (wind), especially during the first few days of treatment. It usually wears off after a few days.
- Nausea.
- Vomiting.
- An electrolyte imbalance due to diarrhoea may be detected in tests.
- Abdominal pain and diarrhoea may occur if a higher than recommended dose is used.
- Allergic reactions.
- Rash.
- Itching.
- Hives.

The frequency of these side effects is not known, i.e. the frequency cannot be assessed from the available data.

Pregnancy and breast-feeding

Lactulose AIWA® plum flavour can be used during pregnancy and breast-feeding.

If you are pregnant or breast-feeding, think you may be pregnant or are planning to have a baby, ask your doctor or pharmacist for advice before taking this medicine.

Children

Please do not administer Lactulose AIWA® plum flavour to children and adolescents under 14 years of age without firstly contacting your doctor regarding prescription and careful monitoring.

Lactulose is available in bottles for accurate dosing in babies, infants and children up to 6 years of age.

Warning and precautions

Do not take Lactulose AIWA® plum flavour

- if you are allergic to lactulose or any of the other ingredients of this medicine.
- if you suffer from galactosaemia (a serious genetic defect, in which galactose cannot be digested),
- if you suffer from acute inflammatory bowel disease (such as Crohn's disease or ulcerative colitis), a blockage in your bowel (apart from normal constipation), a bowel perforation or risk of a perforation in the gastrointestinal tract, or abdominal pain of unexplained cause.

If you suffer from gastric-cardia (Roemheld syndrome), tell your treating doctor before taking Lactulose AIWA® plum flavour. If you suffer from complaints such as flatulence or a feeling of bloating after use, stop treatment and consult your doctor.

In such cases, the doctor will carefully monitor your treatment.

Long-term use of unadjusted doses (leading to more than 2 - 3 loose stools per day) or abuse can lead to diarrhoea and disturbances of the electrolyte balance.

If you are an elderly patient or a patient in poor general condition and you will be taking lactulose over a period of more than 6 months, your doctor will regularly examine your blood electrolytes.

Please do not use Lactulose AIWA® plum flavour for more than two weeks without medical advice.

During treatment with laxatives, you should drink plenty of fluids (approximately 1.5 - 2 L/day, equivalent to 6 - 8 glasses).

Lactulose can increase the potassium loss caused by other medicines (e.g. thiazides, steroids and amphotericin B). As a result of the potassium deficiency, concomitant ingestion of cardiac glycosides may increase the effect of the glycosides.

Relatively high doses result in a decrease in pH in the colon. Medicines released in the colon pH-dependently (e.g. 5-ASA (5-aminosalicylic acid)) may therefore be inactivated.

Lactulose AIWA® plum flavour may contain small amounts of sugar

Lactulose AIWA® plum flavour may contain small amounts of sugar (lactose, fructose, galactose, tagatose or epilactose). If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

The dose normally used should not pose a problem for diabetes patients. 15 ml lactulose contains 42.7 KJ (10.2 Kcal) = 0.21 BU. Lactulose AIWA plum flavour.

For more information please read the package leaflet!

LAXATIVE/GASTRO

**MINERALS/VITAMINS/
TRACE ELEMENTS**

FOOD SUPPLEMENT



Ferro AIWA® 100 mg film-coated tablets

active substance: dried iron(II) sulphate



Packaging may vary

Application

Ferro AIWA® 100 mg is used to treat iron deficiency.

Duration of treatment

The duration of treatment depends on the nature and severity of your condition. In general, iron therapy over a period of at least 8 weeks is required to achieve successful treatment. After blood levels (haemoglobin) have returned to normal, treatment should be continued for a further 6-8 weeks to replenish (top up) your iron reserves. Adults take 1 Ferro AIWA® 100 mg film-coated tablet twice daily.

Method of administration

The film-coated tablets should be taken in the morning on an empty stomach or 1 hour before meals. They should be swallowed whole with plenty of liquid to prevent possible damage to the mucous membranes caused by the tablets getting stuck. Swallow the tablet whole with water. Do not suck or chew the tablet and do not leave the tablet too long in your mouth.

Benefits of Ferro AIWA® 100 mg

- dried iron(II) sulphate to treat iron deficiency
- suitable for adults
- film-coated tablets for oral use



Contents of the pack

Ferro AIWA® 100 mg film-coated tablets are round, convex and brown in color. Original packs with 20, 50 or 100 film-coated tablets.

Ingredients

One film-coated tablet contains: 302.237 - 309.106 mg dried iron(II) sulphate (equivalent to 100 mg iron(II) ions). **The other ingredients are:** Maltodextrin, calcium stearate, lactose monohydrate, copovidone, macrogol 4000, talc, calcium carbonate E170, cocoa butter, magnesium stearate [vegetable], shellac, titanium dioxide E171, cellulose powder, maize starch, carboxymethyl starch sodium (type A), sodium dodecyl sulphate, sucrose, povidone K25, iron oxides and hydroxides (E172).

Marketing Authorisation Holder and Manufacturer

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Ferro AIWA[®]

100 mg film-coated tablets



Warnings and precautions

Iron salts such as Ferro AIWA[®] 100 mg

- reduce the uptake of
- certain antibiotics (tetracyclines),
- penicillamine (used to treat rheumatic disease),
- levodopa (used in Parkinson's disease),
- methyldopa (used to treat high blood pressure),
- thyroxine (thyroid hormone) in patients treated with thyroxine.
- affect the uptake of quinolone antibiotics (e.g. ciprofloxacin, levofloxacin, norfloxacin, ofloxacin).
- may increase the irritant effect on the gastrointestinal lining when taken together with non-steroidal anti-inflammatory drugs (including, for example, a number of medicines commonly used for pain, fever and inflammation).

Iron uptake is reduced by the following medicines, if taken at the same time:

- cholestyramine (used to lower high blood fat levels),
- antacids (calcium, magnesium and aluminium salts used to bind stomach acid),
- or calcium and magnesium supplements.

You should not take Ferro AIWA[®] 100 mg within 2–3 hours after taking any of the above substances.

You should take Ferro AIWA[®] 100 mg 1 hour before or possibly between meals, as food may affect iron uptake.

Iron-binding substances such as phytates (e.g. from cereals), phosphoric acid salts (e.g. from milk), oxalic acid salts (e.g. from spinach or rhubarb), tannic acids (tea) or coffee inhibit the uptake of iron by the body.

Ferro AIWA[®] 100 mg contains lactose and sucrose.

If you have been told by your doctor that you have an intolerance to some sugars, contact your doctor before taking this medicinal product.

Pregnancy and breast-feeding

Treatment with Ferro AIWA[®] 100 mg should be administered only after a careful benefit/risk assessment and consultation with your doctor. The high dosage of two Ferro AIWA[®] 100 mg film-coated tablets per day should not be prescribed over prolonged periods of time. Similarly during breast-feeding, Ferro AIWA[®] 100 mg should be prescribed only after a careful benefit/risk assessment and after consultation with your doctor.

Children and adolescents

This medicine is not intended for use in children and adolescents under 18 years of age.

Possible side effects

Common: Dark discoloration of the stools is often observed after taking oral iron supplements, but is completely harmless.

Uncommon: Gastrointestinal upset occasionally occurs, e.g. loss of appetite, gastric pressure, bloating and constipation.

Rare: In rare cases, hypersensitivity reactions (e.g. skin changes) may occur.

For more information please read the package leaflet!

LAXATIVE/GASTRO

MINERALS/VITAMINS/
TRACE ELEMENTS

FOOD SUPPLEMENT

B-FIT® with B12



strawberry-
vanilla
flavour

MADE IN
GERMANY



Packaging may vary

About B-FIT® with B12

Vitamin B12 (= cyanocobalamin) is a water-soluble and heat-sensitive vitamin, which cannot be produced by the human body itself. B-FIT® with B12 can improve the general well-being and thus increase the energy level and the general efficiency, especially in groups of persons, who are often affected by a vitamin B12 deficiency (e.g. elderly people, vegetarians and vegans, diabetic, people suffering from concentration weakness, people suffering from stress, fatigue and tiredness).

Contents of the pack

7 drinking ampoules à 7 ml = 49 ml food supplement

Benefits

Vitamin B12 contributes to

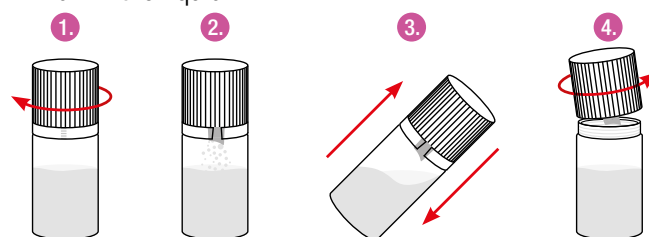
- normal energy-yielding metabolism
- normal functioning of the nervous system
- normal homocysteine metabolism
- normal mental function
- normal red blood cell formation
- normal functioning of the immune system
- the reduction of tiredness and fatigue



Recommended intake

The ingredients are mixed immediately before consumption in the ampoule. The cap contains vitamin B12-powder and the liquid is contained in the ampoule.

1. Close the cap clockwise (see arrows on the cap) until the white safety ring loosens
2. The vitamin B12-powder falls into the liquid
3. Shake the ampoule well
4. Twist off the cap counterclockwise (to the left) and drink the liquid



Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Manufacturer

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B-FIT[®] with B12



Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Ingredients

Water, fructose, dextrose, flavour, acidifier citric acid, preservative potassium sorbate, releasing agent silicon dioxide, maltodextrin, colouring anthocyanins, cyanocobalamin (vitamin B12).

	per daily portion (= 1 drinking ampoule)	NRV* per daily portion
Vitamin B12	20.0 µg	800 %

* Nutrient reference values; daily reference intakes for vitamins and minerals (adults) according to Regulation (EU) No. 1169/2011.

Cranberry AIWA®

Power from Nature



gluten
free

MADE IN
GERMANY

About Cranberry AIWA®

Cranberry AIWA® is characterized by a combination of vitamin C and a high-quality extract of cranberry.

Recommended intake

Daily take two soft capsules unchewed with liquid to a meal.

Contents of the pack

30 soft capsules à 1210 mg = 36.3 g
food supplement with cranberry extract and vitamin C



Packaging may vary

Benefits

- as prophylaxis for urinary tract infections and to possibly avoid antibiotics
- Vitamin C supports the immune system and is a free radical scavenger
- no damage to the intestinal flora
- reduced development of resistance
- suitable for children and pregnant women

Vitamin C contributes to the maintenance of a normal function of the immune system and protects cells from oxidative stress.



Manufacturer

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Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store in a cool (< 25 °C), dry and light-protected place, out of the sight and reach of young children.

The recommended daily intake indicated should not be exceeded.

Ingredients

Soybean oil (refined), proanthocyanidin-containing cranberry dry extract 25:1, gelatin, vegetable fats (coconut, palm kernel), L-ascorbic acid (vitamin C), humectant glycerin, emulsifier soy-lecithins, stabiliser beeswax, humectant sorbitol, colour iron oxides and iron hydroxide.

	per daily portion (2 capsules)	% NRV* per 2 capsules
Cranberry dry extract 25:1 native thereof proanthocyanidins (PAC)	600 mg 36 mg	**
Vitamin C	160 mg	200 %

*Nutrient reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No.1169/2011

** No NRV defined

D-Day[®] long

soft capsules



Only once
a week!

MADE IN
GERMANY

About D-Day[®] long

D-Day[®] long soft capsules contain vitamin D, an essential nutrient for the metabolism with multiple functions.

Recommended intake

Take one capsule once a week with water and a main meal. It is best to take the capsules always at the same time, for example, on Sundays for breakfast.

Contents of the pack

30 soft capsules à 412 mg = 12.4 g
food supplement with vitamin D3

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.



Packaging may vary

Benefits

Vitamin D contributes to

- the maintenance of normal bones and normal muscle function
- the normal function of the immune system
- normal blood calcium levels



Manufacturer

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Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

In addition to D-Day[®] long no further vitamin D supplements should be taken.

D-Day[®] long is not suitable for children under 11 years.

Ingredients

Sunflower oil, gelatin (bovine), humectant glycerine, cholecalciferol (vitamin D3), colour riboflavin, colour titanium dioxide, water.

	per weekly intake (= 1 capsule)	this corres- ponds to a daily intake of	% NRV* of the daily intake
Vitamin D3	140 µg (5600 I.U.)	20 µg (800 I.U.)	400 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

GEM OMEGA 3®

soft gelatin capsules



gluten-
and lactose
free

MADE IN
GERMANY

About GEM OMEGA 3®

GEM OMEGA 3® soft gelatin capsules is a food supplement containing a special combination of valuable omega-3 fatty acids, especially eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), as well as vitamin E.

Recommended intake

Take 2 capsules, 3 times daily with plenty of water, distributed throughout the day at mealtimes.

Contents of the pack

30 soft gelatin capsules à 725 mg = 21.8 g
food supplement with fish oil and vitamin E

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.



Packaging may vary

Benefits

A daily intake of 250 mg DHA contributes to

- maintenance of normal brain function
- the maintenance of normal vision

In addition, a daily intake of 250 mg DHA and EPA contribute to normal function of the heart.

Vitamin E

- contributes to the protection of cells from oxidative stress



Manufacturer

T&D Pharma GmbH

Lemgoer Straße 16 • 32689 Kalletal, Germany
Fon +49 (0) 5264 655 999 20 • Fax +49 (0) 5264 655 999 30
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GEM OMEGA 3®



Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

GEM OMEGA 3® should not be taken if you are taking anti-coagulants or suffer from a deficiency of vitamin K.

Ingredients

Fish oil, gelatin (bovine), humectant glycerin, vitamin E, water.

	per daily portion (= 6 soft gelatin capsules)	NRV* per daily portion
Omega-3 fatty acids thereof	924 mg	**
EPA	480 mg	**
DHA	306 mg	**
Vitamin E (α-TE)	36 mg	300 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

** No NRV available.

German Apple cure

effervescent tablets



with
sweeteners/
sugar free

apple
flavour

MADE IN
GERMANY

About German Apple cure

German Apple cure effervescent tablets are a combination of apple cider vinegar powder and vitamin B6, which is suitable for anyone who wants to support their body with vitamin B6 and appreciates apple cider vinegar.

Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml).

Contents of the pack

20 effervescent tablets à 4.5 g = 90 g food supplement with apple cider vinegar powder and vitamin B6

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Benefits

Pyridoxine (vitamin B6) contributes to

- normal energy-yielding metabolism
- normal protein and glycogen metabolism
- the normal function of the immune system
- the normal red blood cell formation
- normal psychological function
- the reduction of tiredness and fatigue



Manufacturer

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German Apple Cure



Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool ($< 25^{\circ}\text{C}$), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

Ingredients

Acidifier citric acid, acidity regulator sodium hydrogen carbonate, acidity regulator sodium carbonate, apple cider vinegar powder, humectant sorbitol, starch, flavour, anti-caking agent tricalcium phosphate, inulin, sweetener aspartame, sweetener acesulfame K, vitamin B6, colouring riboflavin 5'-phosphate sodium, maltodextrin.

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Apple cider vinegar extract	256.5 mg	**
Vitamin B6	2.0 mg	143 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

** no NRV defined

German Calcium

effervescent tablets



with
sweeteners/
sugar free

lemon
flavour

MADE IN
GERMANY

About German Calcium

German Calcium effervescent tablets contain calcium for your daily vitality.

Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml).

Contents of the pack

20 effervescent tablets à 4.5 g = 90 g food supplement with calcium

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Benefits

Calcium contributes to

- normal muscle function
- normal blood clotting
- normal energy-yielding metabolism

Calcium is needed for the maintenance of normal bones and normal teeth.



Packaging may vary

Manufacturer

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Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool ($< 25^{\circ}\text{C}$), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

Ingredients

Acidifier citric acid, calcium carbonate, acidity regulator sodium hydrogen carbonate, inulin, acidity regulator sodium carbonate, anti-caking agent tricalcium phosphate, starch, flavour, sweetener aspartame, sweetener acesulfame K, acidifier malic acid, colour riboflavin-5'-phosphate-sodium.

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Calcium	500 mg	62.5 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

German Calcium + D3

effervescent tablets



with
sweeteners/
sugar free

orange-
grapefruit
flavour

MADE IN
GERMANY

About German Calcium + D3

German Calcium + D3 effervescent tablets contain calcium and vitamin D3 for your daily vitality.

Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml).

Contents of the pack

20 effervescent tablets à 4.5 g = 90 g food supplement with calcium and vitamin D3

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Benefits

Calcium contributes to

- normal muscle function
- normal blood clotting
- normal energy-yielding metabolism

Calcium is needed for the maintenance of normal bones and normal teeth.

Vitamin D3 contributes to

- the maintenance of normal bones and normal teeth
- the normal function of the immune system
- the maintenance of normal muscle function
- normal absorption/utilization of calcium and phosphorus
- normal blood calcium levels



Packaging may vary

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German Calcium + D3



Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool ($< 25^{\circ}\text{C}$), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

Ingredients

Acidifier citric acid, calcium carbonate, acidity regulator sodium hydrogen carbonate, acidity regulator sodium carbonate, humectant sorbitol, inulin, starch, flavours, anti-caking agent tricalcium phosphate, sweetener aspartame, sweetener acesulfame K, red beet juice powder (maltodextrin, red beet juice powder), colour riboflavin 5'-phosphate-sodium, sweetener sucralose, cholecalciferol (vitamin D3).

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Calcium	500 mg	62.5 %
Vitamin D3	2.5 μg	50 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

German Calcium + Vitamin C

effervescent tablets



with
sweeteners/
sugar free

lemon
flavour

**MADE IN
GERMANY**

About German Calcium + D3

German Calcium + Vitamin C effervescent tablets contain calcium and vitamin C for your daily vitality.

Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml).

Contents of the pack

20 effervescent tablets à 4.5 g = 90 g food supplement with calcium and vitamin C

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Benefits

Calcium contributes to

- normal muscle function
- normal blood clotting
- normal energy-yielding metabolism

Calcium is needed for the maintenance of normal bones and normal teeth.

Vitamin C contributes to

- the normal function of the immune system
- maintain the normal function of the immune system during and after intense physical exercise
- the reduction of tiredness and fatigue
- normal collagen formation for the normal function of skin, gums and teeth
- normal energy-yielding metabolism
- normal functioning of the nervous system

Vitamin C increases iron absorption.



Packaging may vary

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German Calcium + Vitamin C



Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool ($< 25^{\circ}\text{C}$), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

Ingredients

Acidifier citric acid, calcium carbonate, acidity regulator sodium hydrogen carbonate, acidity regulator sodium carbonate, inulin, humectant sorbitol, L-ascorbic acid (vitamin C), anti-caking agent tricalcium phosphate, starch, flavours, sweetener aspartame, sweetener acesulfame K, sweetener sucralose, colour riboflavin 5'-phosphate-sodium.

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Calcium	300 mg	37.5 %
Vitamin C	75 mg	94 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

German Iron

effervescent tablets



with
sweeteners/
sugar free

cherry
flavour

MADE IN
GERMANY

About German Iron

German Iron effervescent tablets contain iron for your daily vitality.

Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml).

Contents of the pack

20 effervescent tablets à 4.5 g = 90 g food supplement with iron

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Benefits

Iron contributes to

- 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



Packaging may vary

Manufacturer

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**Important instructions**

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

Iron-based food supplements should only be used if the iron supply is insufficient.

Ingredients

Acidifier citric acid, acidity regulator sodium hydrogen carbonate, acidity regulator sodium carbonate, humectant sorbitol, starch, iron gluconate, flavour, anti-caking agent tricalcium phosphate, inulin, sweetener aspartame, maltodextrin, red beet juice powder, sweetener acesulfame K, sweetener sucralose, colour ponceau 4R

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Iron	14 mg	100 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

German Magnesium

effervescent tablets



with
sweeteners/
sugar free

orange
flavour

MADE IN
GERMANY

About German Magnesium

German Magnesium effervescent tablets contain calcium for your daily vitality.

Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml).

Contents of the pack

20 effervescent tablets à 4.3 g = 86 g food supplement with magnesium

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Benefits

Magnesium contributes to

- normal muscle function
- normal energy-yielding metabolism and electrolyte balance
- the reduction of tiredness and fatigue
- the normal functioning of the nerves and normal psychological function
- the maintenance of normal bones and teeth



Packaging may vary

Manufacturer

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German Magnesium



Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool ($< 25^{\circ}\text{C}$), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

Ingredients

Acidifier citric acid, magnesium carbonate, acidity regulator sodium hydrogen carbonate, inulin, starch, flavour, sweetener aspartame, sweetener acesulfame K, sweetener sucralose, red beet juice powder, (maltodextrin; red beet juice powder), colouring agent riboflavin 5'-phosphate sodium

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Magnesium	200 mg	53 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

German Multivitamin

effervescent tablets



with
sweeteners/
sugar free

orange
flavour

MADE IN
GERMANY

About German Multivitamin

German Multivitamin effervescent tablets contain vitamins for your daily vitality.

Benefits

Vitamin C contributes to

- the normal function of the immune system
- maintain the normal function of the immune system during and after intense physical exercise
- the reduction of tiredness and fatigue
- normal energy-yielding metabolism

Niacin contributes to

- normal functioning of the nervous system
- the reduction of tiredness and fatigue
- the maintenance of normal skin and normal mucous membranes

Vitamin E contributes to

- the protection of cells from oxidative stress
- Pantothenic acid contributes to
- the reduction of tiredness and fatigue
- normal mental performance

Vitamin B1 (thiamine) contributes to

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

Biotin contributes to

- the maintenance of normal hair and normal skin

Folic acid contributes to

- normal blood formation
- the normal function of the immune system

Vitamin B12 contributes to

- normal energy-yielding metabolism
- normal functioning of the nervous system
- normal mental function
- normal red blood cell formation
- normal functioning of the immune system
- the reduction of tiredness and fatigue



Packaging may vary

Contents of the pack

20 effervescent tablets à 4.5 g = 90 g
food supplement with vitamins

Manufacturer

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German Multivitamin



Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml).

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

Ingredients

Acidifier citric acid, acidity regulator sodium hydrogen carbonate, humectant sorbitol, acidity regulator sodium carbonate, starch, inulin, L-ascorbic acid (vitamin C), anti-caking agent tricalcium phosphate, sweetener aspartame, flavour, DL- α -tocopheryl acetate (vitamin E), nicotinamide (niacin), sweetener acesulfame K, calcium-D-pantothenate (pantothenic acid), red beet juice powder (maltodextrin, red beet juice powder), sweetener sucralose, riboflavin 5'-phosphate-sodium (vitamin B2), pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), pteroylmonoglutamic acid (folic acid), D-biotin, cyanocobalamin (vitamin B12).

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Vitamin C	80 mg	100 %
Niacin (NE)	16 mg	100 %
Vitamin E (α -TE)	12 mg	100 %
Pantothenic acid	6,0 mg	100 %
Pyridoxine (vitamin B6)	1.4 mg	100 %
Riboflavin (Vitamin B2)	1.4 mg	100 %
Thiamine (vitamin B1)	1.1 mg	100 %
Biotin	50 μ g	100 %
Folid acid	200 μ g	100 %
Vitamin B12	2.5 μ g	100 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.



German Multivitamin + Minerals

effervescent tablets

with
sweeteners/
sugar free

pomegranate
flavour

MADE IN
GERMANY

Ingredients

Acidifier citric acid, acidifier malic acid, calcium carbonate, magnesium carbonate, humectant sorbitol, acidity regulator sodium hydrogen carbonate, potassium hydrogen carbonate, starch, inulin, L-ascorbic acid (vitamin C), anti-caking agent tricalcium phosphate, sweetener aspartame, flavours, DL- α -tocopheryl acetate (vitamin E), nicotinamide (niacin), sweetener acesulfame K, calcium-D-pantothenate (pantothenic acid), red beet juice powder (maltodextrin, red beet juice powder), sweetener sucralose, riboflavin 5'-phosphate-sodium (vitamin B2), pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), pteroylmonoglutamic acid (folic acid), D-biotin, cyanocobalamin (vitamin B12)

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Magnesium	150 mg	40 %
Calcium	300 mg	38 %
Vitamin C	80 mg	100 %
Niacin (NE)	16 mg	100 %
Vitamin E (α -TE)	12 mg	100 %
Pantothenic acid	6.0 mg	100 %
Pyridoxine (vitamin B6)	1.4 mg	100 %
Riboflavin (Vitamin B2)	1.4 mg	100 %
Thiamine (vitamin B1)	1.1 mg	100 %
Biotin	50 μ g	100 %
Folic acid	200 μ g	100 %
Vitamin B12	2.5 μ g	100 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.



Packaging may vary

About German Multivitamin + Minerals

German Multivitamin + Minerals effervescent tablets contain vitamins and minerals for your daily vitality.

Manufacturer

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Benefits

Magnesium contributes to

- normal muscle function
- normal energy-yielding metabolism and electrolyte balance
- the reduction of tiredness and fatigue
- the normal functioning of the nerves and normal psychological function
- contributes to the maintenance of normal bones and teeth

Calcium contributes to

- normal muscle function
- normal blood clotting
- normal energy-yielding metabolism

Vitamin C contributes to

- the normal function of the immune system
- maintain the normal function of the immune system during and after intense physical exercise
- the reduction of tiredness and fatigue

Niacin contributes to

- normal functioning of the nervous system
- the reduction of tiredness and fatigue
- the maintenance of normal skin and normal mucous membranes

Vitamin E contributes to

- the protection of cells from oxidative stress

Pantothenic acid contributes to

- the reduction of tiredness and fatigue
- normal mental performance

Vitamin B6 contributes to

- normal functioning of the nervous system
- normal psychological function

Vitamin B2 (riboflavin) and vitamin B6 contribute to

- the reduction of tiredness and fatigue

Vitamin B1 (thiamine) contributes to

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



Folic acid contributes to

- normal blood formation
- the normal function of the immune system

Biotin contributes to

- the maintenance of normal hair and normal skin

Vitamin B12 contributes to

- normal functioning of the nervous system
- normal mental function
- normal red blood cell formation
- normal functioning of the immune system
- the reduction of tiredness and fatigue

Contents of the pack

20 effervescent tablets à 4.5 g = 90 g food supplement with vitamins and minerals

Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml).

Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool ($< 25^{\circ}\text{C}$), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

German Multivitamins for children

effervescent tablets



with
sweeteners/
sugar free

raspberry
flavour

MADE IN
GERMANY

About German Multivitamins for children

German Multivitamins for children effervescent tablets contain vitamins for your child's daily vitality.

Benefits

Vitamin C contributes to

- the normal function of the immune system
- maintain the normal function of the immune system during and after intense physical exercise
- the reduction of tiredness and fatigue
- normal energy-yielding metabolism

Niacin contributes to

- normal functioning of the nervous system
- the reduction of tiredness and fatigue
- the maintenance of normal skin and normal mucous membranes

Vitamin E contributes to

- the protection of cells from oxidative stress

Vitamin B2 and vitamin B6 contribute to

- the reduction of tiredness and fatigue

Vitamin B6 contributes to

- normal functioning of the nervous system
- normal psychological function

Vitamin B1 (thiamine) contributes to

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

Folic acid contributes to

- normal blood formation
- the normal function of the immune system

Vitamin B12 contributes to

- normal energy-yielding metabolism
- normal functioning of the nervous system
- normal mental function
- normal red blood cell formation
- normal functioning of the immune system
- the reduction of tiredness and fatigue



Packaging may vary

Contents of the pack

20 effervescent tablets à 4.5 g = 90 g
food supplement with vitamins

Manufacturer

T&D Pharma GmbH
Lemgoer Straße 16 • 32689 Kalletal, Germany
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info@td-pharma.de • www.td-pharma.de

German **Multivitamins** for children



Recommended intake

Daily and drink one effervescent tablet daily in a glass of water (250 ml).

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

Ingredients

Acidifier citric acid, acidity regulator sodium hydrogen carbonate, humectant sorbitol, acidity regulator sodium carbonate, L-ascorbic acid (vitamin C), inulin, starch, anti-caking agent tricalcium phosphate, flavouring, maltodextrin, sweetener aspartame, red beet juice powder, DL- α -tocopheryl acetate (vitamin E), nicotinamide (niacin), sweetener acesulfame K, sweetener sucralose, riboflavin 5'-phosphate-sodium (vitamin B2), pyridoxine hydrochlorid (vitamin B6), thiamine hydrochloride (vitamin B1), pteroyl monoglutamic acid (folic acid), cyanocobalamin (vitamin B12).

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Vitamin C	80 mg	100 %
Niacin (NE)	16 mg	100 %
Vitamin E (α -TE)	12 mg	100 %
Vitamin B6	1.4 mg	100 %
Riboflavin (Vitamin B2)	1.4 mg	100 %
Thiamine (vitamin B1)	1.1 mg	100 %
Folid acid	200 μ g	100 %
Vitamin B12	2.5 μ g	100 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

German Vitamin C

effervescent tablets



with
sweeteners/
sugar free

lemon
flavour

**MADE IN
GERMANY**

About German Vitamin C

German Vitamin C effervescent tablets contain vitamin C for your daily vitality.

Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml).

Contents of the pack

20 effervescent tablets à 4.0 g = 80 g food supplement with vitamin C

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Benefits

Vitamin C contributes to

- the normal function of the immune system
- maintain the normal function of the immune system during and after intense physical exercise
- the reduction of tiredness and fatigue
- normal collagen formation for the normal function of skin, gums and teeth
- normal energy-yielding metabolism
- normal functioning of the nervous system

Vitamin C increases iron absorption.



Packaging may vary

Manufacturer

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**Important instructions**

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

Ingredients

Acidifier citric acid, acidity regulator sodium hydrogen carbonate, L-ascorbic acid (vitamin C), acidity regulator sodium carbonate, starch, humectant sorbitol, anti-caking agent tricalcium phosphate, inulin, sweetener aspartame, flavour, sweetener acesulfame K, sweetener sucralose, red beet juice powder (maltodextrin, red beet juice powder), colour riboflavin-5'-phosphate-sodium.

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Vitamin C	180 mg	225 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

German Zinc

effervescent tablets



with
sweeteners/
sugar free

peach-
passion fruit
flavour

MADE IN
GERMANY

About German Zinc

German Zinc effervescent tablets contain zinc for your daily vitality.

Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml).

Contents of the pack

20 effervescent tablets à 4.5 g = 90 g food supplement with zinc.

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Benefits

Zinc contributes to

- the maintenance of normal vision
- the normal function of the immune system
- the maintenance of normal bones, normal hair and normal nails
- normal cognitive function
- normal fertility and reproduction
- the maintenance of normal skin
- the maintenance of normal testosterone levels in the blood



Packaging may vary

Manufacturer

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**Important instructions**

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

The intake of other zinc-containing products should be avoided.

Ingredients

Acidifier citric acid, acidity regulator sodium hydrogen carbonate, humectant sorbitol, starch, acidity regulator sodium carbonate, inulin, anti-caking agent tricalcium phosphate, flavour, sweetener aspartame, zinc sulphate, red beet juice powder (maltodextrin, red beet juice powder), sweetener acesulfame K, sweetener sucralose, colour riboflavin-5'-phosphatesodium.

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Zinc	5 mg	50 %

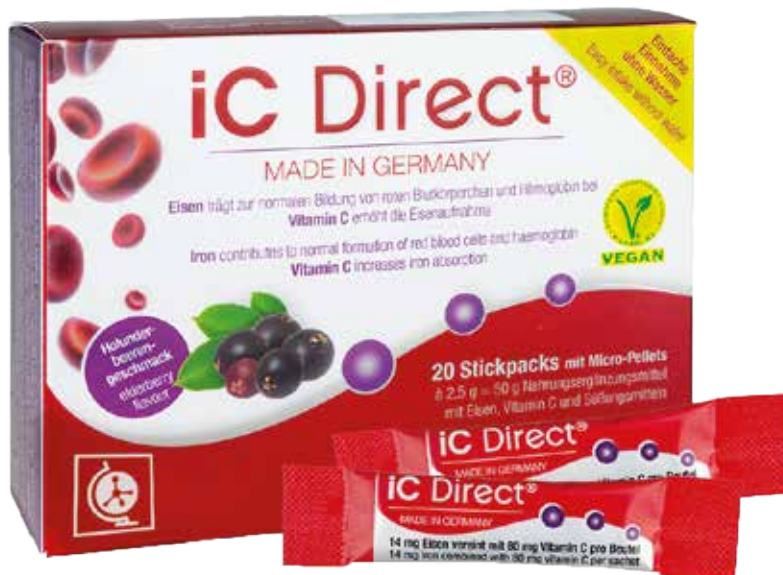
* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.



with
sweeteners

elderberry
flavour

**MADE IN
GERMANY**



Packaging may vary

About iC Direct®

iC Direct® was developed as a food supplement especially for those who have an increased need for iron and vitamin C or through the diet are receiving an insufficient amount thereof. The modern administration form as micro-pellets in convenient sachets allow easy taking on the go and without water. The pellets are placed directly into the mouth and dissolve there quickly

Contents of the pack

20 sachets with micro-pellets
à 2.5 g = 50 g food supplement with iron and vitamin C

Recommended intake

Once daily pour the contents of a sachet directly on the tongue, let it melt slowly and swallow.

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Benefits

Iron contributes to

- a normal formation of red blood cells and hemoglobin
- reducing tiredness and fatigue
- a normal transport of oxygen in the body
- a normal function of the immune system
- a normal energy metabolism

Vitamin C contributes to

- increase iron absorption in the body
- the protection of cells from oxidative stress



Manufacturer

T&D Pharma GmbH
Lemgoer Straße 16 • 32689 Kalletal, Germany
Fon +49(0)526465599920 • Fax +49(0)526465599930
info@td-pharma.de • www.td-pharma.de

**Important instructions**

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before taking a food supplement.

Contains a source of phenylalanine.

Ingredients

Bulking agent sorbitol; acerola juice powder (maltodextrin, acerola juice powder, L-ascorbic acid (vitamin C); red beet juice powder (maltodextrin, red beet juice powder); L-ascorbic acid (vitamin C); ferrous fumarate; vegetable fat (fully hydrogenated, source palm); thickener sodium carboxy methyl cellulose; flavouring; anti-caking agent magnesium salts of fatty acids; anti-caking agent silicon dioxide; sweetener aspartame; sweetener acesulfame K

	per daily portion (1 sachet)	NRV* per daily portion
Iron	14 mg	100 %
Vitamin C	80 mg	100 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

orange
flavour

MADE IN
GERMANY



Packaging may vary

About iFol®

iFol® was developed as a food supplement especially for those who have an increased need for folic acid and iron or through the diet are receiving an insufficient amount thereof. Both nutrients are essential for humans and fulfill important tasks in the metabolism.

Contents of the pack

7 drinking ampoules à 7 ml = 49 ml food supplement with folic acid and iron

Benefits

Folid acid contributes to

- a normal hematopoiesis
- a normal mental function
- a normal function of the immune system
- reducing fatigue and tiredness

Iron contributes to

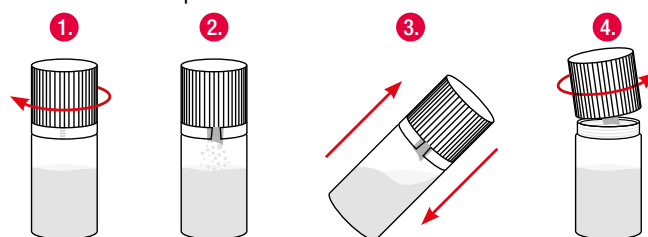
- a normal formation of red blood cells and hemoglobin
- a normal transport of oxygen in the body
- a normal cognitive function
- a normal energy metabolism
- a normal function of the immune system
- reducing tiredness and fatigue



Recommended intake

The ingredients are mixed immediately before consumption in the ampoule. The cap contains the folic acid- and iron-powder and the liquid is contained in the ampoule.

1. Close the cap clockwise (see arrows on the cap) until the white safety ring loosens.
2. The folic acid- and iron-powder falls into the liquid.
3. Shake the ampoule well
4. Twist off the cap counterclockwise (to the left) and drink the liquid



Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Manufacturer

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**Important instructions**

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Ingredients

Water, fructose, filler mannitol, iron diphosphate, flavouring, acidifier citric acid, food colouring safflower concentrate, preservative potassium sorbate, releasing agent silicon dioxide, magnesium salts of fatty acids, pteroylmonoglutamic acid (folic acid).

	per daily portion (= 1 drinking ampoule)	NRV* per daily portion
Folid acid	400 µg	200 %
Iron	14.0 mg	100 %

* Nutrient reference values; daily reference intakes for vitamins and minerals (adults) according to Regulation (EU) No. 1169/2011.

Ferro AIWA® plus

Power from Nature



gluten
free

MADE IN
GERMANY

About Ferro AIWA® plus

Ferro AIWA® plus soft capsules makes a valuable contribution to the supply of vitamins and minerals, especially if an appropriate and adequate intake is not guaranteed through the normal diet. Ferro AIWA® plus is particularly recommended for women of childbearing age as well as for pregnant women, elderly people and athletes.

Recommended intake

Take 1 soft capsule daily unchewed with liquid to a meal.

Contents of the pack

30 soft capsules à 670 mg = 20.1 g
food supplement with iron, other minerals and vitamins

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.



Packaging may vary

Benefits

Iron contributes to

- normal cognitive function
- normal energy-yielding metabolism
- the 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



Manufacturer

T&D Pharma GmbH

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Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

For adolescents and adults. Iron-based food supplements should only be used if the iron supply is insufficient.

Ingredients

Soybean oil; ascorbic acid (vitamin C); gelatin (beef); soybean oil (partially hardened); moisturizing agent glycerin; iron (II) fumarate; soybean oil (completely hardened); D- α -tocopherol (vitamin E); zinc oxide; water, purified; emulsifier lecithin (soy); pyridoxine hydrochloride (vitamin B6); copper (II) sulfate, anhydrous; cyanocobalamin (vitamin B12); folic acid; colouring agent iron oxide, red

	per daily portion (= 1 soft capsule)	% NRV* per daily portion
Iron	14 mg	100 %
Zinc	15 mg	150 %
Copper	2 mg	200 %
Folid acid	600 μ g	300 %
Vitamin B12	9 μ g	360 %
Vitamin B6	5.4 mg	386 %
Vitamin C	100 mg	125 %
Vitamin E (α -TE)	12 mg	100 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

Magnesium AIWA®

375 mg



gluten-
and lactose
free

with
sweeteners

orange
flavour

MADE IN
GERMANY



Packaging may vary

About Magnesium AIWA®

Magnesium AIWA® is the ideal food supplement when it comes to quickly and easily improving your magnesium intake. The modern dosage form as micro pellets in a practical stick pack makes this possible without any water. The pellets are placed directly in the mouth and quickly dissolve there.

Contents of the pack

20 sachets with micro-pellets
à 2.0 g = 40 g food supplement

Recommended intake

1x daily pour the content of 1 sachet directly on the tongue, let it melt slowly and swallow.

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Benefits

Magnesium contributes to

- normal muscle function
- normal energy-yielding metabolism and electrolyte balance
- the reduction of tiredness and fatigue
- the normal functioning of the nerves and normal psychological function
- the maintenance of normal bones and teeth



Manufacturer

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Magnesium AlWA[®]

375 mg



Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Please consult your doctor if you suffer from renal impairment or when pregnant. Can have a laxative effect on sensitive persons.

Contains a source of phenylalanine.

Ingredients

Sorbitol, magnesium oxide, acidifying agent citric acid, thickener carboxymethyl cellulose, flavour, anti-caking agent magnesium salts of fatty acids, sweetener aspartame

	per daily portion (1 sachet)	NRV* per daily portion
Magnesium	375 mg	100 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

Neo AIWA®

capsules



MADE IN
GERMANY

Benefits

Thiamine contributes to

- normal energy-yielding metabolism
- normal functioning of the nervous system

Riboflavin contributes to the

- maintenance of normal red blood cells
- maintenance of normal skin and normal vision

Pyridoxine (vitamin B6) contributes to

- normal homocysteine metabolism
- normal psychological function
- the reduction of tiredness and fatigue

Vitamin B12 contributes to

- normal red blood cell formation
- normal functioning of the nervous system
- the reduction of tiredness and fatigue

Niacin contributes to

- normal energy-yielding metabolism
- normal functioning of the nervous system

Folic acid contributes to

- maternal tissue growth during pregnancy

Biotin contributes to

- normal macronutrient metabolism
- the maintenance of normal skin

Pantothenic acid contributes to

- normal mental performance
- normal energy-yielding metabolism

Vitamin C contributes to the

- normal function of the immune system
 - protection of cells from oxidative stress
- Vitamin C increases iron absorption.

Vitamin E contributes to the

- protection of cells from oxidative stress

Iodine contributes to

- the normal production of thyroid hormones and normal thyroid function
- normal functioning of the nervous system



Packaging may vary

About Neo AIWA®

Neo AIWA® capsules with vegetarian capsule shell provides active support with the supplement of many vitamins and iodine. Especially designed for pregnancy and whilst breastfeeding.

Contents of the pack

32 capsules with vegetarian capsule shell
à 502 mg = 16.1 g
food supplement with vitamins and iodine

Manufacturer

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Lemgoer Straße 16 • 32689 Kalletal, Germany
Fon +49 (0) 5264 655 999 20 • Fax +49 (0) 5264 655 999 30
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Recommended intake

Swallow one capsule daily with plenty of liquid.

Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Ingredients

Bulking agent calcium phosphate, L-ascorbic acid (vitamin C), bulking agent hydroxypropyl methyl cellulose, DL- α -tocopheryl acetate (vitamin E), nicotinamide (niacin), calcium-D-pantothenate (pantothenic acid), anticaking agent silicon dioxide, anti-caking agent magnesium salts of fatty acids, pyridoxine hydrochloride (vitamin B6), thiamine hydrochloride (vitamin B1), riboflavin (vitamin B2), thickener carrageenan, colour titanium dioxide, acidity regulator potassium acetate, pteroylmonoglutamic acid (folic acid), potassium iodide, D-biotin, colour erythrosine, colour brilliant blue FCF and iron oxide, cyanocobalamin (vitamin B12).

	per daily portion (1 capsule)	NRV* per daily portion
Folic acid	400 µg	200 %
Thiamine (vitamin B1)	1.5 mg	136 %
Riboflavin (vitamin B2)	1.8 mg	129 %
Vitamin B6	2.6 mg	186 %
Vitamin B12	3.5 µg	140 %
Biotin	150 µg	300 %
Niacin NE	16.0 mg	113 %
Pantothenic acid	6.0 mg	100 %
Vitamin E α -TE	14.0 mg	117 %
Vitamin C	110 mg	138 %
Iodine	200 µg	133 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

Neo AIWA[®] plus Fe⁺⁺

capsules



MADE IN
GERMANY



Packaging may vary

About Neo AIWA[®] plus Fe⁺⁺

Neo AIWA[®] plus Fe⁺⁺ capsules with hypromellose capsule shell provides active support with the supplement of many vitamins and iron. Especially designed for pregnancy and whilst breastfeeding.

Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Ferruginous food supplements should only be used if there is an inadequate iron supply.

Recommended intake

Swallow one capsule daily with plenty of liquid.

Contents of the pack

32 capsules à 522 mg = 16.7 g
food supplement with vitamins and iron

Manufacturer

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Lemgoer Straße 16 • 32689 Kalletal, Germany
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info@td-pharma.de • www.td-pharma.de



Benefits

Iron contributes to

- normal formation of red blood cells and haemoglobin
- the reduction of tiredness and fatigue

Thiamine contributes to

- normal energy-yielding metabolism
- normal functioning of the nervous system

Riboflavin contributes to the

- maintenance of normal red blood cells
- maintenance of normal skin and normal vision

Pyridoxine (vitamin B6) contributes to

- normal homocysteine metabolism
- normal psychological function
- the reduction of tiredness and fatigue

Vitamin B12 contributes to

- normal red blood cell formation
- normal functioning of the nervous system
- the reduction of tiredness and fatigue

Niacin contributes to

- normal energy-yielding metabolism
- normal functioning of the nervous system

Folic acid contributes to

- maternal tissue growth during pregnancy

Biotin contributes to

- normal macronutrient metabolism
- the maintenance of normal skin

Pantothenic acid contributes to

- normal mental performance
- normal energy-yielding metabolism

Vitamin C contributes to the

- normal function of the immune system
 - protection of cells from oxidative stress
- Vitamin C increases iron absorption.

Vitamin E contributes to

- the protection of cells from oxidative stress



Iodine contributes to

- the normal production of thyroid hormones and normal thyroid function
- normal functioning of the nervous system

Ingredients

Bulking agent calcium phosphate, L-ascorbic acid (vitamin C), bulking agent hydroxypropyl methyl cellulose, ferrous fumarate, DL- α -tocopheryl acetate (Vitamin E), nicotinamide (niacin), calcium-D-pantothenate (pantothenic acid), anti-caking agent silicon dioxide, anti-caking agent magnesium salts of fatty acids, pyridoxine hydrochloride (vitamin B6), colour titanium dioxide, thiamin hydrochloride (vitamin B1), thickener carrageenan, riboflavin (vitamin B2), acidity regulator potassium acetate, pteroylmonoglutamic acid (folic acid), potassium iodide, Biotin, colour brilliant blue FCF, cyanocobalamin (vitamin B12).

	per capsule (0.522 g)	NRV* per capsule
Biotin	150 µg	300 %
Folid acid	400 µg	200 %
Vitamin B6	2.6 mg	186 %
Vitamin B12	3.5 µg	140 %
Vitamin C	110 mg	138 %
Vitamin B1	1.5 mg	136 %
Iodine	200 µg	133 %
Vitamin B2	1.8 mg	129 %
Vitamin E (α -TE)	14 mg	117 %
Niacin (NE)	16 mg	100 %
Iron	14 mg	100 %
Pantothenic acid	6 mg	100 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

Osteo AIWA® forte + Vitamin D3

effervescent tablets



with
sweeteners/
sugar free

orange
flavour

MADE IN
GERMANY

About Osteo AIWA® forte + Vitamin D3

Osteo AIWA® forte + Vitamin D3 effervescent tablets with vitamin D3 and calcium, which both contribute to the maintenance of normal bones and to normal muscle function.

Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml). Due to the fact that calcium is able to inhibit the absorption of several substances, Osteo AIWA® forte + Vitamin D3 should be taken at sufficient time intervals (approximately 3 hours after or 6 hours before taking any medication).

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.



Packaging may vary

Benefits

Calcium contributes to

- normal blood clotting
- normal energy-yielding metabolism
- normal muscle function
- normal neurotransmission between the nerve cells
- the maintenance of normal bones and teeth

Vitamin D contributes to

- normal absorption and utilization of calcium and phosphorus
- normal calcium level in the blood
- the maintenance of the normal muscle function
- the maintenance of normal bones

Vitamin K contributes to

- normal blood clotting
- the maintenance of normal bones



Contents of the pack

20 effervescent tablets,
per tablet 12 g = 240 g food supplement
with calcium, vitamin D3 and vitamin K1

Manufacturer

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Lemgoer Straße 16 • 32689 Kalletal, Germany
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Osteo AIWA[®] forte + Vitamin D3



Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

The intake of calcium may cause flatulence, diarrhoea, nausea, congestion or stomach aches.

In case of plasmocytomas, granulomatous diseases, electrolyte imbalance, kidney stones or impaired kidney function Osteo AIWA[®] forte + Vitamin D3 must not be taken. If taking medicinal products at the same time, a physician should be consulted. People taking anticoagulant (coumarin-type) medicinal products should consult their physician before consuming vitamin K-containing supplements.

Ingredients

Acidifier citric acid, calcium carbonate, acidity regulator sodium hydrogen carbonate, inulin, humectant sorbitol, acidity regulator sodium carbonate, starch, anti-caking agent tricalcium phosphate, flavouring, sweetener aspartame, sweetener acesulfame K, maltodextrin, red beet juice powder, colouring agent riboflavin 5-phosphate-sodium, vitamin K1, vitamin D3.

	per tablet (12 g)	in 100 g	NRV* per tablet
Calcium	1000 mg	8333 mg	125 %
Vitamin D3	5.0 µg	41.7 µg	100 %
Vitamin K1	80 µg	667 µg	107 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

OXI-C[®] 1000 mg Immun plus effervescent tablets



high dose

with
sweeteners/
sugar freeorange
flavourMADE IN
GERMANY

About OXI-C[®] 1000 mg Immun plus

OXI-C[®] 1000 mg Immun plus effervescent tablets contain 1000 mg vitamin C per effervescent tablet and sweeteners.

Recommended intake

Dissolve and drink one effervescent tablet daily in a glass of water (250 ml).

Contents of the pack

20 effervescent tablets à 4.5 g = 90 g food supplement with vitamin C.

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Benefits

Vitamin C contributes to

- normal functioning of the immune system
- maintain the normal function of the immune system during and after intense physical exercise
- the reduction of tiredness and fatigue
- normal energy-yielding metabolism
- the protection of cells from oxidative stress
- normal collagen formation for the normal function of skin, gums and teeth

Vitamin C increases iron absorption.



Packaging may vary

Manufacturer

T&D Pharma GmbH

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OXI-C[®] 1000 mg Immun plus



Important instructions

Food supplements are no substitute for a varied, balanced diet and a healthy lifestyle. Store in a cool (< 25 °C), dry and light-protected place, out of the sight and reach of young children.

The recommended daily intake indicated should not be exceeded.

Contains a source of phenylalanine.

Ingredients

Acidifier citric acid, L-ascorbic acid (vitamin C), acidity regulator sodium hydrogen carbonate, humectant sorbitol, acidity regulator sodium carbonate, inulin, starch, flavour, anti-caking agent tricalcium phosphate, sweetener aspartame, maltodextrin, sweetener acesulfame K, red beet juice powder, sweetener sucralose, colour riboflavin-5'-phosphate-sodium.

	per daily portion (1 effervescent tablet)	NRV* per daily portion
Vitamin C	1000 mg	1250 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

Q10 AIWA® plus

Power from Nature

soft capsules



MADE IN
GERMANY

Benefits

Coenzyme Q10, also called ubiquinone, belongs to the group of vitaminoids. These are vitamin-like compounds, which humans can also form themselves. In the diet, coenzyme Q10 is found predominantly in food of animal origin, e.g. in salmon, tuna and liver. Vegetable foods, on the other hand, contain the substance, with the exception of soy and rapeseed oil, only in very small quantities.

Zinc contributes to

- normal cognitive function
- the normal function of the immune system
- the maintenance of normal skin, normal hair and normal nails
- the maintenance of normal testosterone levels in the blood

Vitamin C contributes to

- maintain the normal function of the immune system during and after intense physical exercise
- normal collagen formation for the normal function of gums and teeth
- normal psychological function

Folic acid contributes to

- normal homocysteine metabolism
- the reduction of tiredness and fatigue

Vitamin E contributes to

- the protection of cells from oxidative stress



Packaging may vary

About Q10 AIWA® plus

Vitamins and minerals are indispensable for maintaining healthy life functions. Therefore, they must be taken regularly in sufficient quantities. In the hustle and bustle of everyday life, this is not always possible. Here Q10 AIWA® plus can make a valuable contribution as food supplement, especially if sufficient intake with the normal diet is not guaranteed. By the way: Also, sufficient exercise and a healthy lifestyle are important for your long-term well-being.

Recommended intake

Take 1 soft capsule daily unchewed with plenty of liquid.

Contents of the pack

30 soft capsules
à 479 mg = 14.4 g food supplement
with coenzyme Q10, vitamins and zinc

Manufacturer

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Q10 AIWA[®] plus



Ingredients

L-ascorbic acid (vitamin C), soybean oil, gelatin (beef), moisturizing agent glycerin, soybean oil (partially hardened), coenzyme Q10 (6.3 %), DL-alpha-tocopheryl acetate (vitamin E), zinc oxide; soybean oil (completely hardened), emulsifier lecithin (**soy**), colour titanium dioxide, water purified, pteroylmonoglutamic acid (folic acid), colour Patentblue.

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

For more information please read the customer information leaflet

Vitamin B-Complex AIWA®

capsules with prolonged release



with
vegetarian
capsule
shell

MADE IN
GERMANY

About Vitamin B-Complex AIWA®

Vitamin B-Complex AIWA® capsules with prolonged release and vegetarian capsule shell combines vitamins of the B-Complex as food supplement.

Benefits

Vitamin B1 (thiamine) contributes to

- normal functioning of the nervous system and to normal psychological function
- the normal function of the heart

Vitamin B2 (riboflavin) contributes to the maintenance

- of normal red blood cells
- of normal skin and normal vision

Vitamin B6 (pyridoxine) contributes to

- normal functioning of the nervous system
- the reduction of tiredness and fatigue
- the regulation of hormonal activity

Vitamin B12 contributes to

- normal psychological function
- the reduction of tiredness and fatigue
- normal red blood cell formation

Niacin contributes to

- normal energy-yielding metabolism
- the maintenance of normal skin and normal mucous membranes
- normal functioning of the nervous system

Folic acid contributes to

- normal blood formation
- normal psychological function
- the reduction of tiredness and fatigue

Biotin contributes to

- normal macronutrient metabolism
- the maintenance of normal skin, normal hair and normal mucous membranes

Pantothenic acid contributes to

- normal mental function
- normal energy-yielding metabolism



Packaging may vary

Recommended intake

Swallow one capsule daily with water.

Contents of the pack

32 capsules
with prolonged release and vegetarian capsule shell
à 552 mg = 17.7 g food supplement

60 capsules
with prolonged release and vegetarian capsule shell
à 552 mg = 33.12 g food supplement

Manufacturer

T&D Pharma GmbH
Lemgoer Straße 16 • 32689 Kalletal, Germany
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Vitamin B-Complex AIWA®



Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.

Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

Ingredients

Sugar; glazing agent hydroxypropyl methyl cellulose; nicotinamide (niacin); maltodextrin; starch; calcium-D-pantothenate (pantothenic acid); coating agent shellac; pyridoxine hydrochloride (vitamin B6); riboflavin (vitamin B2); thiamine mononitrate (vitamin B1); form release agents silicon dioxide and talc; thickening agent carrageenan; glucose syrup; acidity regulator potassium acetate; vegetable fat (origin: coconut oil); colouring agents titanium dioxide and iron oxide; pteroylmonoglutamic acid (folic acid); sodium chloride; D-biotin; cyanocobalamin (vitamin B12).

	per daily portion (= 1 capsule)	NRV* per daily portion
Vitamin B1	3.3 mg	300 %
Vitamin B2	4.2 mg	300 %
Vitamin B6	4.2 mg	300 %
Vitamin B12	7.5 µg	300 %
Niacin (NE)	48 mg	300 %
Pantothenic acid	18.0 mg	300 %
Biotin	150 µg	300 %
Folid acid	600 µg	300 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.

For more information please read the customer information leaflet

Vitamin C + Zink AIWA®

capsules with prolonged release



with
vegetarian
capsule
shell

MADE IN
GERMANY

About Vitamin C + Zink AIWA®

Vitamin C + Zink AIWA® capsules with prolonged release and vegetarian capsule shell combines vitamin C and the trace element zinc – a valuable combination for a strong health.

Recommended intake

Take one capsule daily with liquid.

Contents of the pack

32 capsules
with prolonged release and vegetarian capsule shell
à 0.632 g = 20.22 g
food supplement with vitamin C and zinc

Pregnancy and breastfeeding

During pregnancy and while breastfeeding it is generally recommended to consult with your doctor before using a food supplement.



Packaging may vary

Benefits

Vitamin C contributes to

- the normal function of the immune system
- the protection of cells from oxidative stress
- the reduction of tiredness and fatigue
- normal energy-yielding metabolism
- normal collagen formation for the normal function of gums

Zinc contributes to

- the normal function of the immune system
- the protection of cells from oxidative stress
- the maintenance of normal skin, normal hair, normal nails and normal vision

Zinc has a role in the process of cell division.



Manufacturer

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Vitamin C + Zink AIWA®



Important instructions

Food supplements are no substitute for a varied and balanced diet as well as a healthy lifestyle. Store out of sight and reach of young children in a cool (< 25 °C), dry and light-protected place.

The recommended daily intake indicated should not be exceeded.

The intake of other zinc-containing supplements should be avoided.

Ingredients

Vitamin C, sugar, glazing agent hydroxypropyl methyl cellulose, gloating agent shellac, starch, zinc sulphate monohydrate, glucose syrup, coconut oil, thickener carageenan, acidity regulator potassium acetate, anti-caking agent talc, colour titanium dioxide, colour iron oxide

	per daily portion (1 scapsule)	NRV* per daily portion
Vitamin C	300 mg	375 %
Zinc	5 mg	50 %

* (Nutrient reference values); reference values for the daily intake (adults) for vitamins and minerals according to Regulation (EU) No. 1169/2011.