

Dynamisan®

Customer information

Ingredients

Vitamins	mg/ tablet	% EU RDA ¹	Minerals & others	mg/ tablet	% RDA ¹ or 2
Vitamin A	0,8	100	Calcium	160	20 ¹
Vitamin B ₁	1.4	100	Chromium	0.025	20 ²
Vitamin B ₂	1.6	100	Copper	1.1	44 ²
Niacin B ₃	18	100	Iodine	0.05	33 ¹
Pantothenic acid B ₅	6	100	Magnesium	100	33 ¹
Vitamin B ₆	2	100	Manganese	2	50 ²
Biotin B ₇	0.15	100	Molybdenum	0.025	17 ²
Vitamin B ₁₂	0.001	100	Phosphorus	124	15 ¹
Vitamin C	60	100	Selenium	0.025	36-45 ²
Vitamin D ₃	0.005	100	Zinc	14	93 ¹
Vitamin E	10	100	Arginine	99	–
			Glutamine	60	–
			Ginseng	40	–

¹ % of EU Recommended Daily Allowance (90/490/EEC)

² % of French Recommended Daily Allowance (no EU RDA established)

Recommended dosage & precautions

Adults & Adolescents 13 years and older:

one tablet daily

- Not suitable for children under 13 years of age.
- Do not exceed recommended dosage, or use as a substitute for a balanced diet.
- Store out of reach of young children.
- If you are suffering from hypertension or if you are taking a quinidine-like anti-arrhythmic drug or an anticoagulant drug, please consult your doctor before supplementing your diet with Dynamisan as it contains magnesium and ginseng.
- Should not be used for hyperactive children, people with high or low blood pressure, asthma, hypoglycemia, heart disorders, insomnia or patients using steroids.
- Should not be used for pregnant women or nursing mothers.
- If you are taking other medication, if you are pregnant or breastfeeding, please seek the advice of a doctor before taking any food supplement product.

Directions for use

The tablet should be swallowed whole with water.

Take care of yourself by following a healthy diet!

A complete and balanced diet is the basis for a healthy life and ensures the body's nutritional needs are met. Our bodies cannot make most of the nutrients essential to life, which means that these nutrients must all be obtained through a healthy varied diet.

The role of food supplements

It is sometimes difficult to maintain a balanced diet when we are working hard and coping with the demands of everyday life. The body's nutritional requirements also change over time and under different conditions, making it even more difficult to ensure optimal nutrition from diet alone. Supplementing the diet with Dynamisan ensures an adequate source of essential nutrients and scientifically recognised natural tonics to help us get the most out of our daily lives.

Who should consider supplements for health?

Individual requirements for nutrients and lifestyles constantly change, and so it is difficult to ensure continuous optimal nutrition. Certain people, for a variety of reasons, may be at risk of vitamin, mineral and/or amino acid deficiencies. These include: persons in stressful situations; the elderly; children and adolescents; athletes; postmenopausal women; people suffering from illness or during recovery; people following restricted diets; smokers and frequent drinkers of alcoholic beverages; vegetarians; people who do not get enough sunshine; and those, for various reasons, who do not always have the appetite or time to eat a balanced diet.

Why does your body need the nutrients in Dynamisan?

Dynamisan is specially formulated to provide an optimal mixture of antioxidant nutrients. The antioxidant vitamins A, C and E act in combination with minerals to reduce the damage caused by free radicals. These free

radicals are normal waste products of metabolism and are thought to contribute to the ageing process.

The minerals in Dynamisan are particularly important for the health of our bones, nervous system and muscles. In small quantities, the trace elements present in Dynamisan are essential for the regulation of metabolism in every living cell.

Modern medical research suggests that the natural general tonics contained in Dynamisan, the amino acids arginine and glutamine, and ginseng, benefit the immune, nervous and cardiovascular systems and help us cope with the stress of daily life.

Dynamisan tablets – the complete tonic supplement

Dynamisan tablets are an easy way to ensure that your body obtains the right mix of nutrients every day and at every age. The tablets are easy to take and also supply natural tonics to help us cope with life's stresses. Daily Dynamisan fortifies and provides an effective and well-absorbed source of multivitamins, minerals and amino acids essential to your health.

Manufactured by Famar Italia S.p.A., Italy for Novartis Consumer Health SA Nyon Switzerland

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 NOVARTIS

(THIS IS A MEDICAMENT)

- a) Medicament is a product which affects your health, and its consumption contrary to instructions is dangerous for you.
- b) Follow strictly the doctor's prescription, the method of use, and the instructions of the pharmacist who sold the medication.
- c) The doctor and the pharmacist are experts in medicine, its benefits and risks.
- d) Do not by yourself interrupt the period of treatment prescribed.
- e) Do not repeat the same prescription without consulting your doctor.

Keep medicament out of reach of children

Council of Arab Health Ministers
Union of Arab Pharmacists