

Vitformula

FOOD SUPPLEMENT

**COMPLETE FORMULA WITH VITAMINS,
MINERALS, TRACE ELEMENTS, INOSITOL,
CHOLINE AND METHIONINE**

ORODISPERSIBLE GRANULES SACHETS

Vitformula - Characteristics

Vitformula is a well-balanced multivitamin food supplement with Methionine. Its completeness, quality and formulation containing vitamins, minerals and trace elements essential to the body functions, make **Vitformula** an ideal product.

Vitformula, orodispersible granules sachets, stands out for the following characteristics:

- **Easy intake**
- **Quickly absorption of its active ingredients**
- **Easy to digest**

Particularly palatable to children and anyone who has swallowing difficulty.



Vitformula is especially recommended as food supplement in cases of: _____

- **Intense physical and sports activity**
- **Increased needs (pregnancy, breastfeeding, growth, old age)**
- **Reduced dietary intake, for example due to unbalanced eating, poor or insufficient diet**
- **Antibiotic treatments**
- **Recovery**

Vitformula and **Gunaminoformula** are an excellent combination to ensure optimal protein synthesis.

A young man in a red sleeveless shirt and blue shorts is jogging alongside a young woman in a pink tank top and black leggings. They are both smiling and looking towards each other. The background is a lush green park with trees and sunlight filtering through the leaves.

15 VITAMINS

A family of four is enjoying a sunny day in a grassy field. A woman is sitting on the grass, hugging a young girl. A man is sitting next to her, holding a young boy. They are all smiling and looking at each other. The background is a bright, sunny day with trees and a clear sky.

**9 MINERALS
AND TRACE ELEMENTS**

An older man and woman are wearing bicycle helmets and smiling. The woman is wearing a red polka-dot shirt and a colorful helmet. The man is wearing a blue shirt and a black helmet. They are outdoors in a park-like setting with trees and a clear sky.

WITH METHIONINE

Vitformula - Ingredients

METHIONINE¹⁻²: Sulfur-containing amino acid of the 8 essential amino acid group. It is fundamental in the synthesis pathways of many proteins (as cartilage, skin and appendage proteins). It is also involved in antioxidant processes and in particular when, as in **Vitformula**, it is **associated** with **Vitamin B12 (pathway of reduced glutathione)**, with an effective action **against homocysteine**. Methionine is also precursor of Carnitine (in the presence of Vitamin PP, Vitamin B6, Vitamin C and Iron) and **Creatine synthesis**.

B GROUP VITAMINS: Fundamental in **cellular energy metabolism** (Vitamins B1, B2, B6, B12, Biotin, Pantothenic acid). They contribute to normal functioning of the **immune system** (B6, B12 and folic acid) and of the **nervous system** (B1, B12 and folic acid), especially if in association with Vitamin A and Vitamin E as in **Vitformula**.

VITAMINS A-C-E: Vitamin group with significant **antioxidant** action (fundamental in synergizing the antioxidant action of methionine).

VITAMIN D: Multifunctional, it is essential for **bone metabolism**, normal function of the **immune system** and protection of the **mucous membranes**.

VITAMIN K: Takes part in the processes of **oxidative phosphorylation** and coagulation mechanisms.

MINERALS AND TRACE ELEMENTS: **Vitformula** has been formulated to ensure a balanced daily intake of minerals and essential trace elements that are involved in the composition of **hormones** and **transport systems**, particularly in **enzymes**, where they perform a **catalyzing action**.



Desynchronisation of the HPA axis, stress and Chronic Fatigue Syndrome

Observational multicentre study on **Tonicoguna** and **VitFormula** to support the function of the Hypothalamic - Pituitary - Adrenal axis.

Brazioli D. et al.

Advanced Therapies – III Year – N° 4 – February 2014; 34-45

The observational multicentre study TONICOBSERV focused on Chronic Fatigue Syndrome with desynchronization of the HPA axis in the presence of chronic stress, aims at assessing the effectiveness of treatment with the food supplements **Tonicoguna** and **Vitformula**.

Study design: the study was conducted on 70 subjects aged between 20 and 60 years, enrolled according to defined criteria and treated with orally administered **Tonicoguna** and **Vitformula** at a dose of one sachet*/day of each of the two products for four consecutive weeks.

**1 sachet of Tonicoguna corresponds to 20 ml of Tonicoguna solution*

Results: the results were assessed by evaluating symptomatic and safety parameters (Tables 1 and 2) through monitoring possible adverse events (no adverse effect was recorded).

Conclusions: the data collected show that the use of the food supplements **Tonicoguna** and **Vitformula** ensures a balanced intake of plant extracts containing vitamins, minerals and trace elements which plays an active role in reducing the fatigue syndromes caused by chronic stress.

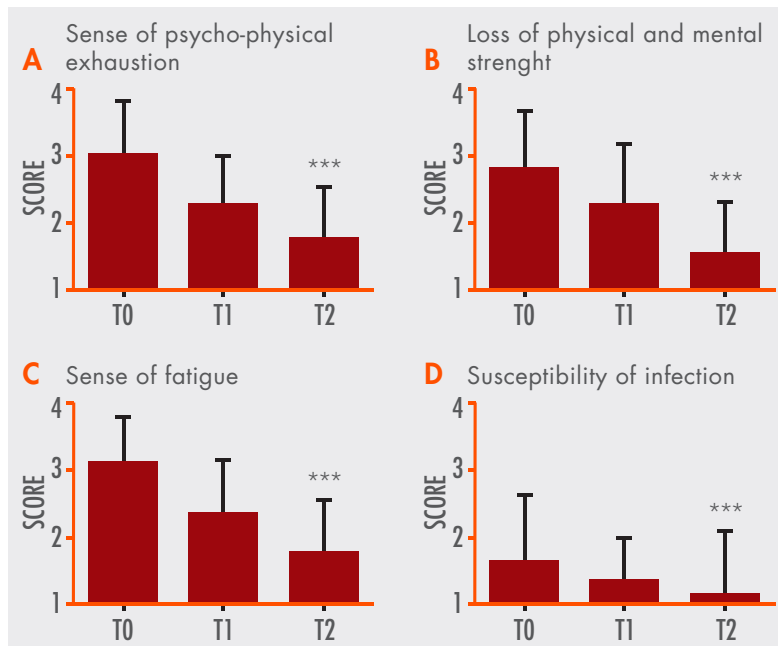


Table 1 shows the distribution of the scores for the parameters:

- Sense of psycho-physical exhaustion (**A**)
- Reduced physical and mental strength (**B**)
- Sense of fatigue (**C**)
- Susceptibility to infection (**D**)

All parameters improve significantly after taking **Tonicoguna** and **Vitiformula** both at T1 (2 weeks of administration) and T2 (4 weeks of administration).

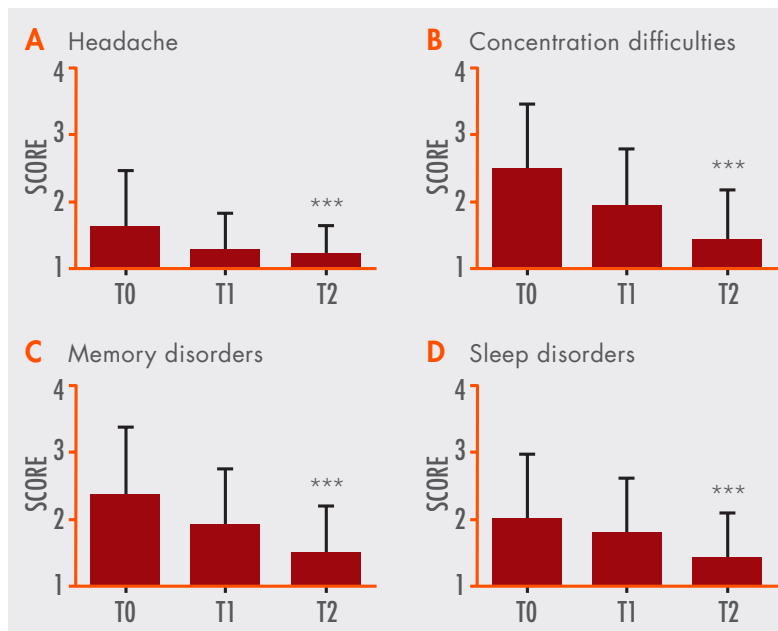


Table 2 shows the distribution of the scores for the parameters:

- Headache (**A**)
- Concentration difficulties (**B**)
- Memory disorders (**C**)
- Sleep disorders (**D**)

All parameters improve significantly after taking **Tonicoguna** and **Vitiformula** both at T1 (2 weeks of administration) and T2 (4 weeks of administration).

Vitformula - Suggested combinations

Vitformula + Gunaminoformula

Poor nutrition with vitamin deficiencies.

Gunaminoformula

- 24 x 6.5 g sachets
Net weight 156 g
with sweetener
- 50 x 1.01 g tablets
Net weight 50.5 g



Vitformula + Tonicoguna

Physical and mental weakness.
Weariness and/or fatigue, recovery.

Tonicoguna

150 ml bottle with measuring cap
with sugar and sweetener
- Alcohol 4.7% vol.



Vitformula - Nutrition facts and instructions for use

Nutrition Facts

	per 100 g	per sachet	%NRV*/sachet
Energy	989 kJ 236 kcal	25 kJ 6 kcal	
Fat of which saturates	0.24 g 0 g	0.01 g 0 g	
Carbohydrate of which sugars	58.30 g 3.34 g	1.46 g 0.08 g	
Proteins	7.25 g	0.18 g	
Salt	0.09 g	0 g	
Vitamin C	2000 mg	50 mg	63
Vitamin PP	160 mg	4 mg	25
Pantothenic acid	84 mg	2.1 mg	35
Vitamin E	72 mg	1.8 mg	15
Vitamin B2	15.2 mg	0.38 mg	27
Vitamin A	10000 µg	250 µg	31
Vitamin B6	9.2 mg	0.23 mg	16
Vitamin B1	6.6 mg	0.165 mg	15
Folate	2200 µg	55 µg	28
Vitamin K	1400 µg	35 µg	47
Biotin	840 µg	21 µg	42
Vitamin D	100 µg	2.5 µg	50
Vitamin B12	15 µg	0.375 µg	15
Calcium	6000 mg	150 mg	19
Magnesium	3000 mg	75 mg	20
Zinc	500 mg	12.5 mg	125
Iron	160 mg	4 mg	29
Manganese	80 mg	2 mg	100
Fluoride	21 mg	0.525 mg	15
Copper	20 mg	0.5 mg	50
Iodine	2560 µg	64 µg	43
Selenium	1320 µg	33 µg	60
Choline	6.0 g	150 mg	
Inositol	5.2 g	130 mg	
Methionine	2.4 g	60 mg	

*NRV: Nutrient References Values

Ingredients

Sweetener: sorbitol; choline bitartrate, calcium carbonate, inositol, magnesium oxide, anti-caking agent: talc; sucrose, flavourings, L-Methionine, L-ascorbic acid (vitamin C), acidity regulator: citric acid; maltodextrin, zinc citrate, ferrous fumarate, nicotinamide (vitamin PP), DL-alpha-tocopheryl acetate (vitamin E), manganese carbonate, D-pantothenate, calcium (pantothenic acid), retinyl acetate (vitamin A), sweetener: sucralose; cupric citrate, riboflavin (vitamin B2), cholecalciferol (vitamin D3), sodium fluoride, pyridoxine hydrochloride (vitamin B6), phylloquinone (phytomenadione) (vitamin K), thiamin mononitrate (vitamin B1), cyanocobalamin (vitamin B12), potassium iodide, sodium selenite, pteroylmonoglutamic acid (folic acid), D-biotin (Vitamin H).

- with sweeteners -

Instuction for use:

1 sachet of orodispersible granules daily is recommended. Pour the content of one sachet directly into your mouth, without water.

Packaging:

32 x 2.5 g sachets of orodispersible granules
– Net weight 80 g.

The information herein contained concern the ingredients of **Vitformula** and should not be interpreted as medical advice, nor can they replace any medical prescription. Food supplements are not intended as means for treating, preventing, diagnosing or mitigating any disease or abnormal condition.

Warnings:

Store the product in a cool and dry place and protect from light. The expiry date refers to a product correctly stored in its original and undamaged packaging. Do not exceed the stated recommended daily dose. Keep out of the reach of young children. Excessive consumption may produce laxative effects. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle.



References:

1. DE MAGISTRIS R., CIARAMELLA B. "Nutrienti e malattie cronicodegenerative" Guna Editore 2000.
 2. PANDIANI M. "Guida al corretto utilizzo di vitamine e minerali nella nutrizione" Tecniche Nuove 1991.
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