Adresse:
Talstr. 7
01099 Dresden

Kontakt:
Telefon: 015773998502
E-Mail: pdf@energyvital.de

Rechtliches:
Amtsgericht Dresden
USt-ID-Nr.: DE352285297

Overview

Multivitamins every day, 30 tablets

Product number: VS4836



Price

Quantity	Unit price	Base price
To 1	€20.95	€361.21 / 1 Kilogramm
To 4	€19.90	€343.10 / 1 Kilogramm
From 5	€18.85	€325.00 / 1 Kilogramm

Prices incl. VAT plus shipping costs

Description

Multivitamin in tablet form, taken once daily

Jeden Tag is intended specifically for adults. Vitals also offers special multivitamins for children, seniors and pregnant women or those planning a pregnancy. See also the variants Jeden Tag Junior, Jeden Tag 50+ and Jeden Tag Mama.

The optimal form and dosage of B vitamins

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The multis for daily use contain B vitamins in high amounts, but these are acceptable for the body. A careful examination of the daily requirements, the average intake amounts and their minimum values was carried out. Not only the latest scientific findings and the reliable upper limits are taken into account, but also how well the body is able to convert the different B vitamins.

Furthermore, all formulas include the biologically active forms of vitamins B2 (riboflavin-5'-phosphate), B6 (pyridoxal-5'-phosphate), B12 (methyl- and adenosylcobalamin) and folate (5-methyltetrahydrofolate-glucosamine salt). These are the forms used by the body, and research shows that they have higher bioavailability in the body.

Pyridoxal-5'-phosphate as vitamin B6

Very high doses of vitamin B6 can occasionally cause a tingling or numbness in the hands or feet. For this reason, a maximum safe upper limit for vitamin supplements in adults of 21 mg per day is assumed in the Netherlands. The Jeden Tag multis are well below this (at most 4.2 mg). In addition, only pyridoxal-5′-phosphate (P-5′-P), the biologically active form of vitamin B6, is used, not pyridoxine HCl, which still needs to be converted in the body. It is currently under further investigation whether the aforementioned occasional side effects occur only with vitamin B6 in the form of pyridoxine HCl and not, or to a lesser extent, with pyridoxal-5'-phosphate. Indications suggest that only pyridoxine HCl is toxic to nerve cells in high doses.

Folate as 5-methyltetrahydrofolate

The folic acid (pteroylmonoglutamic acid) often used in supplements for stability reasons is a synthetic form that does not occur naturally. In food it occurs as folate. Folic acid from supplements must be converted by the body into tetrahydrofolate and subsequently into 5-methyltetrahydrofolate (5-MTHF). Studies show that this complex conversion process runs far from optimally in a considerable number of people. Adding 5-MTHF eliminates this problem.

The Jeden Tag multis use the superior form 5-methyltetrahydrofolate, bound as a glucosamine salt (under the brand name Quatrefolic®). Thanks to this bond with plant-derived glucosamine salt, the biologically active form can be kept stable and optimal absorption ensured. Research shows that Quatrefolic® has better water solubility, stability and bioavailability. 5-MTHF can also cross the blood–brain barrier, unlike the “ordinary” (synthetic) folic acid form.

Vitamin B12 as adenosyl- and methylcobalamin

Intake of vitamin B12 from food is a complicated process. In addition, some indications suggest that the NRV (formerly the RDA) of 2.5 µg per day is set too low and that requirements in healthy adults and older people can vary and rise above 20 µg per day. To ensure the safety of vitamin B12 supplementation and to take account of the sometimes difficult absorption of B12 from foods and supplements, the Jeden Tag multis contain higher doses of the biologically active forms methyl- and adenosylcobalamin.

Cyanocobalamin, a cheaper synthetic form of vitamin B12 that does not occur naturally and must be converted by the body into active forms, is present in many other B12 products and multivitamins. In this case the cyanide portion of the cobalamin (B12) is cleaved, which then has to be broken down by the body. Studies indicate that the bioavailability of vitamin B12 in the form of methyl- and adenosylcobalamin is higher than that of cyanocobalamin.

Vitamin D in high amounts, from plant sources

In recent years, European authorities have recognised that the value for adequate vitamin D intake from food (15 µg) should be set higher and that the maximum permitted dose (100 µg) could be raised. In the Netherlands there is still caution, and it is stated that 10 µg would be sufficient and that the upper limit should be 75 µg. Strangely, the NRV (or RDA) is still 5 µg. In the orthomolecular field, however, the importance of higher doses has long been known. Renowned vitamin D experts recommend that the calcidiol level in adults should be at least 75 nmol/l. To

maintain such a vitamin D level, an oral daily D3 dose of about 25–75 µg is required.

The multivitamins for daily use contain high amounts of vitamin D3 (cholecalciferol). Compared with vitamin D2 (ergocalciferol) this form is considerably more effective at raising vitamin D levels. In addition, the new Jeden Tag multis use plant-based vitamin D3 (Vitamin D3V®). The reason is that it is produced from algae and not from lanolin (as most vitamin D3 products are). This makes all multis in the Jeden Tag range suitable for vegans.

Vitamins K1 and K2

The Jeden Tag multivitamins now contain a small amount of vitamin K1 and an increased amount of vitamin K2. While vitamin K1 is taken up mainly by the liver and is particularly responsible for activating clotting factors, vitamin K2 is characterised by higher bioavailability. It is distributed much more throughout body tissues and therefore activates other vitamin-K-dependent enzymes such as osteocalcin and MGP more effectively. These ensure, among other things, that calcium is absorbed correctly and ends up in the right place, in the bones.

For blood clotting, which is essential for survival, the body first uses vitamin K. Because vitamin K2 is considerably more expensive than vitamin K1, a small amount of K1 is added to the multivitamins. This allows K1 to be used for the primary blood-clotting function and K2 for the other, also very important functions.

Incidentally, the regular NRV for vitamin K is based on the amount needed for normal blood clotting. The optimum dose of vitamin K for other bodily processes that depend on this vitamin was, strangely, not taken into account.

Stability of vitamin K2: It appears that vitamin K2 is a very sensitive substance. The content of this vitamin in a tablet or capsule decreases particularly quickly when it is combined with calcium and/or magnesium. It is a real technical challenge to use vitamin K2 in a product with high doses of calcium and/or magnesium. Therefore Vitals uses a K2 addition under the brand K2VITAL™ DELTA, which remains stable in a formula with many of these minerals. A patented microencapsulation process protects the fat-soluble K2 particles with two layers from reactions with other ingredients. The stability of K2VITAL™ DELTA was tested by Vitals in an independent laboratory, and the result was that it is the best product. A comparison was made with other brands of vitamin K2, especially in combination with the ingredients of the Vitals products. It was concluded that K2VITAL™ DELTA was superior to the other K2 ingredients, that the K2 content remained stable and that it was absolutely necessary to protect K2.

Natural calcium and magnesium from the sea

The multis now contain calcium and magnesium from the brand Aquamin®, which are derived from the sea. The tablets thus achieve significantly higher doses than the previously used compound forms, while the absorption of these ingredients has been proven to be effective.

The Aquamin magnesium is extracted from seawater from the Irish Sea, and research shows good bioavailability for the body. The raw material contains, in addition to about 35% elemental magnesium, small amounts of other minerals and trace elements.

The calcium (Aquamin Calcium) is obtained from the red algae Lithothamnium calcareum. This type of seaweed absorbs minerals and trace elements from the sea and stores them. In nature it appears in a lovely red or pink shade, but after its death it calcifies and takes on a white or light grey colour. Only calcified red algae harvested from the waters along the Icelandic coast are collected. The raw material contains, besides a calcium content of 32%, a magnesium content of 3% and small amounts of other minerals and trace elements.

Perhaps the synergistic effect of the natural trace element profile of this calcium and magnesium is an explanation for the better absorption and the impressive studies that have been carried out with it.

Iron, zinc and copper in the form of amino acid chelate (bisglycinate)

For the minerals iron, zinc and copper, amino acid chelates (bisglycinates) are used. Each mineral particle is powerfully bound to two molecules of the amino acid glycine (chelated). Minerals in this compact form easily reach the small intestine and are absorbed there very effectively. In addition, they are gentle on the stomach, which can be particularly advantageous for iron. Vitals also makes a conscious choice of the amino acid chelates from Albion Minerals, which are identified by the TRAACS® brand, standing for “The Real Amino Acid Chelate System”. This brand serves to distinguish itself from other, possibly inferior or unstable amino acid chelates. Albion holds more than 100 patents worldwide that secure the process, the research and the structure behind its amino acid chelate minerals.

Unique: choline in a relatively high dosage

Choline has for some time been used more or less as a standard ingredient in multivitamin supplements. However, almost always in small doses (10 to 30 mg), because little was known about it. But that is increasingly changing! In 2012 the European Commission approved three health claims for choline that apply for a dose of at least 82.5 mg. It is important for normal fat metabolism, normal homocysteine metabolism and a healthy liver function. Based on clinical research, particularly to determine daily requirements, an RDA of 550 mg/day was set for the first time in the USA in 2016. In 2016 the EFSA concluded that choline is an essential nutrient, but no reference nutrient values (NRV) have yet been established. The adequate daily intake was set at 400 mg, based on the average intake in European countries and not on the American study that resulted in 550 mg/day. The average intake among adult Europeans varies between 291 and 468 mg per day. This is a sufficient reason to include a generous dose of choline in a daily multivitamin!

In our multis for daily use we use choline from VitaCholine®. This brand represents the highest quality, and extensive research has been carried out with it.

Lutein, zeaxanthin and meso-zeaxanthin

Lutein, zeaxanthin and meso-zeaxanthin belong to the natural carotenoids. These substances are concentrated in the body especially in the retina and the macula lutea (“yellow spot”). Lutein and zeaxanthin cannot be produced by the body itself; instead they must be obtained from the diet. They are found, among other things, in green leafy vegetables and in red, yellow and orange fruit and vegetables. Meso-zeaxanthin is present in food only in small amounts (e.g. in prawns, salmon skin and the skin and flesh of trout). It is mainly formed in the retina by enzymatic conversion of lutein. However, it can be taken well as a supplement. Meso-zeaxanthin has only recently become known as an excellent supplement and should be preferred over lutein and zeaxanthin alone.

Nutritive properties

- Vitamins B1, B2, B3, B5, B6 and B12, biotin, vitamin C, calcium, magnesium, iron, iodine and copper support energy levels
- Vitamins B2, B3, B5, B6 and B12, folate, vitamin C, magnesium and iron can help with tiredness
- Vitamins A, B6 and B12, folate, vitamin C, D, iron, copper, selenium and zinc have a positive effect on the immune system
- Vitamins B2, C and E, copper, selenium and zinc protect cells from oxidative stress
- Vitamins B1, B2, B3, B6 and B12, biotin, vitamin C, calcium, magnesium, iodine and copper support the nervous system
- Iron, iodine and zinc contribute to normal cognitive function. Vitamins B1, B3, B6 and B12, biotin, folate, vitamin C and magnesium support mental functions (such as concentration and memory) and mood
- Vitamins B5 and folate contribute to stress resilience
- Vitamins A, B2 and zinc are good for vision
- Vitamins C, D and K, calcium and zinc are good for the bones
- Vitamin K contributes to the uptake of calcium into the bones

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- Vitamin K is necessary for the normal function of blood clotting
- Vitamins C, D and calcium are good for the condition of the teeth
- Biotin, selenium and zinc are good for hair health
- Copper supports the normal pigmentation of skin and hair
- Vitamins A, B2, B3 and C, biotin, iodine and zinc are good for skin health
- Selenium and zinc are good for nail health
- Iodine and selenium support the normal function of the thyroid gland
- Vitamins D, calcium and magnesium support muscle function
- Vitamin B1 supports normal heart function
- Calcium and magnesium contribute to the formation of cells and tissues
- Calcium supports the maintenance of a healthy digestive system
- Magnesium helps in the building of proteins in the body
- Magnesium contributes to a good electrolyte balance
- Choline contributes to normal homocysteine metabolism
- Choline contributes to the maintenance of cell membrane structure and normal fat metabolism

Nutritional information

Micronutrients	**per daily serving 1 tablet**
Vitamin A	600 µg (75 %*)
Vitamin D	25 µg (500 %*)
Vitamin E	36 mg α-TE** (300 %*)
Vitamin K	112.5 µg (150 %*)
Vitamin C	160 mg (200 %*)
Thiamin	4.4 mg (400 %*)
Riboflavin	4.2 mg (300 %*)
Niacin	20 mg NE*** (125 %*)
Vitamin B6	2.1 mg (150 %*)
Folate	200 µg (100 %*)
Vitamin B12	20 µg (800 %*)
Biotin	60 µg (120 %*)
Pantothenic acid	9 mg (150 %*)
Calcium	150 mg (19 %*)
Iodine	75 µg (50 %*)
Magnesium	100 mg (27 %*)
Iron	4 mg (29 %*)
Zinc	5 mg (50 %*)
Copper	0.25 mg (25 %*)
Molybdenum	25 µg (50 %*)

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Selenium	55 µg (100 %*)

*Reference intake according to Regulation (EU) No. 1169/2011
**Declaration of vitamin E content (α-TE = Total alpha-tocopherol equivalents)
***Niacin equivalent

Valuable ingredients

Valuable ingredients*	per daily serving 1 tablet
Beta-carotene (from Dunaliella salina)	1.8 mg
Choline (bitartrate, VitaCholine®)	85 mg
Mixed tocopherols (beta, gamma, delta)	10 mg
Citrus bioflavonoid complex	33 mg
of which hesperidin	20 mg
Zeaxanthin (from Tagetes erecta)	1 mg
Meso-zeaxanthin (from Tagetes erecta)	5 mg
Q10 (natural, ubiquinone)	40 mg
Lutein (from Tagetes erecta)	5 mg
Silicon	3 mg

* No reference amount as per FIC (LMIV) prescribed
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VitaCholine® is a registered trademark of the Balchem Corporation.
Vitamin D3V® is a registered trademark of ProTecNutra Ltd.
K2VITAL™ is a trade mark of the Balchem Corporation or its subsidiaries.
Aquamin® is a registered trademark of Marigot Ltd.
Ferrochel® and TRAACS® (“The Real Amino Acid Chelate System”) are registered trademarks of Albion Minerals.

Ingredients

Minerals (calcium, magnesium, zinc, iron, molybdenum, selenium, silicon, copper, iodine), bulking agent (microcrystalline cellulose [cellulose gel]), vitamins (C, E, B3, D3, B5, K2, B2, B1, A, B6, K1, folate, biotin, B12), choline bitartrate, anti-caking agents (silicon dioxide, magnesium salts of fatty acids), Q10, mixed tocopherols, citrus bioflavonoid complex (Citrus sinensis), lutein, coating agents (hydroxypropylmethylcellulose, glycerol, hydroxypropylcellulose), meso-zeaxanthin, stabiliser (calcium acetate), beta-carotene, zeaxanthin.

Directions for use

Take 1 tablet per day with water at a meal.

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This food supplement is not suitable for children under 11 years of age (statutory notice required for products with more than 20 µg vitamin D per daily dose).

Storage instructions

Store in a cool, dry, dark place (do not refrigerate).

Legal notice

The recommended daily intake must not be exceeded. Food supplements are not a substitute for a balanced and varied diet and a healthy lifestyle. Keep out of the reach of young children.

Nutritive properties

- Vitamins B1, B2, B3, B5, B6 and B12, biotin, vitamin C, calcium, magnesium, iron, iodine, copper and manganese support energy levels
- Vitamins B2, B3, B5, B6 and B12, folate, vitamin C, magnesium and iron can help with tiredness
- Vitamins A, B6 and B12, folate, vitamin C, D, iron, copper, selenium and zinc have a positive effect on the immune system
- Vitamins B2, C and E, copper, manganese, selenium and zinc protect cells from oxidative stress
- Vitamins B1, B2, B3, B6 and B12, biotin, vitamin C, calcium, magnesium, iodine and copper support the nervous system
- Iron, iodine and zinc contribute to normal cognitive function. Vitamins B1, B3, B6 and B12, biotin, folate, vitamin C and magnesium support mental functions (such as concentration and memory) and mood
- Vitamins B5 and folate contribute to stress resilience
- Vitamins A, B2 and zinc are good for vision
- Vitamins C, D and K, calcium, manganese and zinc are good for the bones
- Vitamin K contributes to the uptake of calcium into the bones
- Vitamin K is necessary for the normal function of blood clotting
- Vitamins C, D and calcium are good for the condition of the teeth
- Biotin, selenium and zinc are good for hair health
- Copper supports the normal pigmentation of skin and hair
- Vitamins A, B2, B3 and C, biotin, iodine and zinc are good for skin health
- Selenium and zinc are good for nail health
- Iodine and selenium support the normal function of the thyroid gland
- Vitamins D, calcium and magnesium support muscle function
- Vitamin B1 supports normal heart function
- Calcium and magnesium contribute to the formation of cells and tissue
- Calcium supports the maintenance of a healthy digestive system
- Magnesium helps in the building of proteins in the body
- Magnesium contributes to a good electrolyte balance
- Choline contributes to normal homocysteine metabolism
- Choline contributes to the maintenance of cell membrane structure and normal fat metabolism

Nutritional information

Micronutrients	per daily serving 1 tablet
Vitamin A	600 µg (75 %*)
Vitamin D	25 µg (500 %*)

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Vitamin E	36 mg α-TE** (300 %*)
Vitamin K	112.5 µg (150 %*)
Vitamin C	160 mg (200 %*)
Thiamin	4.4 mg (400 %*)
Riboflavin	4.2 mg (300 %*)
Niacin	24 mg NE*** (150 %*)
Vitamin B6	3.5 mg (250 %*)
Folate	200 µg (100 %*)
Vitamin B12	20 µg (800 %*)
Biotin	75 µg (150 %*)
Pantothenic acid	18 mg (300 %*)
Calcium	150 mg (19 %*)
Iodine	75 µg (50 %*)
Magnesium	100 mg (27 %*)
Iron	7 mg (50 %*)
Zinc	5 mg (50 %*)
Copper	0.25 mg (25 %*)
Mangan	1 mg (50 %*)
Selenium	58 µg (105 %*)
Molybdenum	25 µg (50 %*)

*Reference intake according to Regulation (EU) No. 1169/2011
**Declaration of vitamin E content (α-TE = Total alpha-tocopherol equivalents)
***Niacin equivalent

Valuable ingredients

Valuable ingredients*	**per daily serving 1 tablet**
Beta-carotene (from Dunaliella salina)	1.8 mg
Choline (bitartrate, VitaCholine®)	85 mg
Mixed tocopherols (beta, gamma, delta)	10 mg
Citrus bioflavonoid complex	20 mg
Lutein (from Tagetes erecta)	5 mg
Zeaxanthin (from Tagetes erecta)	1 mg
Meso-zeaxanthin (from Tagetes erecta)	5 mg
Q10 (natural, ubiquinone)	40 mg

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Minerals (calcium, magnesium, iron, zinc, selenium, molybdenum, manganese, copper, iodine), bulking agent (microcrystalline cellulose [cellulose gel]), vitamins (C, E, B3, B5, D3, K2, B2, B1, B6, A, K1, folate, biotin, B12), choline bitartrate, Q10, anti-caking agents (silicon dioxide, magnesium salts of fatty acids), citrus bioflavonoid complex, mixed tocopherols, lutein, meso-zeaxanthin, coating agents (hydroxypropylmethylcellulose, glycerol, hydroxypropylcellulose), Dunaliella salina, zeaxanthin.

Directions for use

Take 1 tablet per day with water at a meal. Suitable for vegetarians and vegans.

Caution

This food supplement is not suitable for children up to and including 10 years of age (statutory notice required for products with more than 20 µg vitamin D per daily dose).

Storage instructions

Store in a cool, dry, dark place (do not refrigerate).

Legal notice

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Product information

Dosage form:	As a tablet.
Micronutrients:	Biotin, Calcium, Copper, Folic acid, Iodine, Magnesium, Molybdenum, Niacin, Pantothenic acid, Riboflavin, Selenium, Thiamine, Vitamin A, Vitamin B6, Vitamin B12, Vitamin B complex, Vitamin C, Vitamin D, Vitamin E, Vitamin K, Zinc
Quality:	Free from magnesium stearate, Gluten-free, Lactose-free, Vegan
Product type:	Dietary supplements

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