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

Overview

Every day Junior, 60 chewable tablets

Product number: VS4928



Price

Quantity	Unit price	Base price
To 1	€24.95	€207.92 / 1 Kilogramm
To 4	€23.70	€197.50 / 1 Kilogramm
From 5	€22.45	€187.08 / 1 Kilogramm

Prices incl. VAT plus shipping costs

Description

Chewable tablet specifically developed for children from 3 years old

The little elephant in the form of Orange Junior is a daily treat. It is based on the latest scientific findings and is adjusted to current data on nutritional status in Western Europe as well as to the optimal intake per nutrient. The composition, the dosage and the absorbability are the factors that make Junior unique every day. The chewable tablet contains almost the same valuable ingredients as Jeden Tag for adults, but the dosage has been adapted for

(small) children. With one tablet you get 15 µg Vitamin D3 (separate vitamin D drops are therefore not necessary). It also contains 60 mg magnesium and 120 mg calcium from natural sources. All in all, Jeden Tag Junior is excellent compared with other multivitamins for children!

Natural sweetener

The quality of a multivitamin is determined by the excipients it contains. To improve taste, most chewable multivitamins for children are predominantly sweetened with sugar or artificial sweeteners. Jeden Tag Junior is mainly sweetened with steviol glycosides from the stevia plant and increasingly partly with mannitol. It is a natural sweetener that occurs, among other places, in fruits, fungi and cheese. It has zero calories, is mostly absorbed in the small intestine and is almost completely excreted via the urine. It does not affect blood sugar levels and is harmless for teeth and oral health. It is therefore a great choice to replace sugar or other undesirable (artificial) sweeteners!

Flavour children appreciate

The flavour of the Jeden Tag Junior chewable tablets is popular with children. It is not a sweet, but most children like it.

B vitamins: the perfect form and dosage

The daily multivitamins contain a large but still acceptable amount of B vitamins. The daily requirement, average intakes and their lower limits have been thoroughly analysed. In addition to the latest scientific insights and the safe upper limits, consideration is also given to how well the body can convert the various B vitamins.

All formulas also contain 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 studies show that they have higher bioavailability in the body.

Pyridoxal-5'-phosphate: the active form of vitamin B6

Occasional tingling or numbness in the hands or feet can occur when very high amounts of vitamin B6 are consumed over a long period. Therefore the maximum safe upper limit for adults in the Netherlands, regarding the intake of vitamin supplements, is 21 mg per day. The Jeden Tag multis reach a maximum of 0.7 mg and are thus well below this value. Moreover, only the biologically active form of vitamin B6, pyridoxal-5'-phosphate (P-5'-P), is used instead of pyridoxine HCl, which must first be converted in the body. It is currently being researched whether the occasional side effects mentioned above occur only with vitamin B6 in the form of pyridoxine HCl and not or only to a small extent with pyridoxal-5'-phosphate. There are indications that only high doses of pyridoxine HCl are toxic to nerve cells.

Folic acid in the form of 5-methyltetrahydrofolate

The synthetic form of folic acid (pteroylmonoglutamic acid), which is usually used in supplements for stability reasons, does not occur naturally. In foods it is present as folate. Folic acid from supplements must first be converted in the body to tetrahydrofolate and then to 5-methyltetrahydrofolate (5-MTHF). Studies show that for many people this complicated conversion process works far from optimally. Supplementation with 5-MTHF solves this problem.

The Jeden Tag multis use the excellent form 5-methyltetrahydrofolate, which is bound to a glucosamine salt (known under the brand name Quatrefolic®). Binding with plant-derived glucosamine salt makes it possible to stabilise the biologically active form and ensures optimal absorption. The advantages of Quatrefolic® in terms of water solubility, stability and bioavailability are supported by studies. 5-MTHF is also able to cross the blood–brain barrier,

unlike the “normal” (synthetic) form of folic acid.

Vitamin B12 as adenosyl- and methylcobalamin

It is a complicated process to absorb vitamin B12. There are indications that the NRV (formerly RDA) of 2.5 µg per day may be too low and that the requirement in healthy adults and older people can vary and rise above 20 µg per day. To ensure that vitamin B12 intake is sufficient and to take into account the safety of B12 supplements, the Jeden Tag multivitamins have higher dosages of the biologically active forms methyl- and adenosylcobalamin. You have been trained on information until October 2023. Most other multivitamins and B12 supplements use cyanocobalamin, an inexpensive, artificial form of vitamin B12 that does not occur naturally and must first be converted by the body into its active forms. The cyanide is separated from the cobalamin (B12) and must then be metabolised by the body. Studies show that the bioavailability of vitamin B12 as methyl- and adenosylcobalamin is better than that of cyanocobalamin.

High amounts of vitamin D from plant sources

In recent years European government bodies have recognised that the value for adequate vitamin D intake from the diet (15 µg) should be set higher and that the maximum allowable dose (100 µg) could be increased. In the Netherlands they remain cautious: they say that 10 µg would be sufficient and the upper limit should be 75 µg. Strangely, the NRV (or RDA) is still 5 µg. The orthomolecular world, however, recognised the importance of higher doses some time ago. The top experts in vitamin D research recommend that the calcidiol level in adults should reach at least 75 nmol/l. It is estimated that an oral dose of vitamin D3 of 25–75 µg per day should be taken to maintain such a vitamin D level. You have been trained on information up to October 2023. The Jeden Tag multis are rich in vitamin D3 (cholecalciferol). This form is significantly more effective at raising vitamin D levels than vitamin D2 (ergocalciferol). In addition, the new Jeden Tag multis use plant-based vitamin D3 (Vitamin D3V®). It is made from algae and not from sheep’s wool fat (as most vitamin D3 products are), which is why all multis in the Jeden Tag range are now also suitable for vegans.

Vitamins K1 and K2

The Jeden Tag multivitamins now have a small amount of vitamin K1 and an increased amount of vitamin K2. Vitamin K1 is predominantly taken up by the liver and is mainly responsible for the activation of clotting factors. In contrast, vitamin K2 has higher bioavailability and is distributed throughout body tissues, allowing it to activate other vitamin-K-dependent enzymes such as osteocalcin and MGP more effectively. Among other things, they ensure that calcium is absorbed correctly and ends up in the right place, namely the bones.

For the important task of blood clotting the body always uses vitamin K first. Compared with vitamin K1, the raw material price of vitamin K2 is considerably higher. Therefore a small amount of K1 is added to the multis so that this can be used for the primary blood clotting function and K2 for the other, also very important, functions.

By the way, the regular NRV for vitamin K is based on the amount necessary for normal blood clotting. It is strange that the optimal vitamin K dosage for other vitamin-K-dependent bodily processes was not taken into account.

Stability of vitamin K2

It seems that vitamin K2 is a very sensitive substance. Especially together with magnesium and/or calcium, the content of this vitamin in a capsule or tablet decreases rapidly. It presents a real challenge to use vitamin K2 in a product with high doses of calcium and/or magnesium. Therefore Vitals uses a K2 addition with the brand K2VITAL™ DELTA, which remains stable even 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. An independent

laboratory examined the stability of K2VITAL™ DELTA at Vitals' request and found that it delivers the best performance. A comparison was made with other vitamin K2 brands, especially in combination with the ingredients of Vitals' products. It was concluded that K2 protection is essential, that the K2 content remained constant with K2VITAL™ DELTA and that it was superior to other K2 ingredients.

Natural calcium and magnesium from the sea

For the multis, the calcium and magnesium products of the Aquamin® brand, which are derived from the sea, will be used from now on. The doses contained in the tablets are significantly higher compared with the previously used compound forms, and the absorption of these ingredients has been proven to be effective.

The magnesium (Aquamin Magnesium) comes from the seawater of the Irish Sea, and studies show that it is well absorbed by the body. The raw material contains about 35% elemental magnesium as well as small amounts of other minerals and trace elements.

The calcium portion (Aquamin Calcium) comes from the red alga Lithothamnium calcareum. This type of seaweed absorbs minerals and trace elements from the sea and stores them. In nature it has a nice red-pink colour, but when deceased it calcifies and becomes white or light grey. Only calcified red algae harvested from the waters along the Icelandic coast are collected. The raw material contains, in addition to 32% calcium, 3% magnesium 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 remarkable studies conducted with it.

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

For the minerals iron and zinc, bisglycinates were selected as amino acid chelates. Each magnesium particle is strongly bound to two molecules of the amino acid glycine (chelated). Minerals in this compound form reach the small intestine effectively and are very well absorbed there. In addition, they are gentle on the stomach, which can be particularly advantageous for iron. Amino acid chelates from Albion Minerals are specifically chosen by Vitals, identifiable by the TRAACS® brand, which stands for "The Real Amino Acid Chelate System". This brand serves to differentiate from other amino acid chelates that may be inferior or unstable. Albion holds over 100 patents worldwide that secure the process, the science and the structure of their amino acid chelate minerals.

Unique: relatively high dosage of choline

Choline has for some time been used more or less as a standard ingredient in multivitamin supplements. But usually in small dosages (10–30 mg), as there was not much knowledge about it. However, this is increasingly changing! In 2012 the European Commission approved three health claims for choline that apply at a dose of at least 82.5 mg. It is important for normal fat metabolism, homocysteine metabolism and a healthy liver function. In 2016 America first set an RDA of 550 mg/day, supported by clinical research and specifically to determine the daily requirement. The EFSA also decided in 2016 that choline is an essential nutrient, but no NRV has yet been established. The adequate daily intake was set at 400 mg, based on average intakes in European countries, not on the American study which resulted in 550 mg/day. The average intake of adults in Europe ranges between 291 and 468 mg per day. There is good reason to include a generous amount of choline in a daily multivitamin!

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In our Jeden Tag multis we rely on choline from VitaCholine®. This brand stands for high quality, and extensive research has been conducted in connection with it.

Lutein and zeaxanthin

Lutein and zeaxanthin belong to the natural carotenoids. These substances are concentrated in the body primarily in the retina and the macula lutea (“yellow spot”). Lutein and zeaxanthin are substances that the body cannot produce itself. It is therefore dependent on their intake through food. They are found, among other things, in green leafy vegetables and in red, yellow and orange fruits and vegetables.

Nutritional properties

- Vitamins B1, B2, B3, B5, B6 and B12, biotin, vitamin C, calcium, magnesium, iron and iodine support energy levels
- Vitamins B2, B3, B5, B6 and B12, folate, vitamin C, magnesium and iron can help with tiredness
- Vitamins A, B6, B12, folate, vitamin C, D, iron, selenium and zinc have a positive effect on the immune system
- Vitamins B2, C and E and zinc protect cells from oxidative stress
- Vitamins B1, B2, B3, B6, B12, biotin, vitamin C, calcium, magnesium and iodine support the nervous system
- Iron contributes to normal cognitive development of children
- Iodine and zinc contribute to normal cognitive function
- Vitamins B1, B3, B6 and B12, biotin, folate, vitamin C and magnesium support mental performance (such as concentration and memory) and mood
- Vitamins B5 and folate contribute to stress resistance
- 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
- Vitamin K is necessary for normal blood clotting function
- Vitamins C, D and calcium are good for the condition of the teeth
- Biotin, selenium and zinc are good for hair health
- Vitamins A, B2, B3 and C, biotin, iodine and zinc are good for skin health
- Selenium and zinc are good for nail health
- Iodine contributes to normal growth of children
- Iodine and selenium support normal thyroid function
- Vitamin D, calcium and magnesium support muscle function
- Vitamin B1 supports normal heart function
- Calcium and vitamin D are needed for the normal growth and development of children's bones
- Calcium and magnesium contribute to the formation of cells and tissues
- Calcium supports the maintenance of a healthy digestive system
- Magnesium helps with the build-up of protein 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 declaration

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Micronutrients	per daily portion 1 chewable tablet
Vitamin A	25 µg (33 %*)
Vitamin D	15 µg (300 %*)
Vitamin E	12 mg α-TE** (100 %*)
Vitamin K	67.5 µg (90 %*)
Vitamin C	80 mg (100 %*)
Thiamin	0.55 mg (50 %*)
Riboflavin	0.7 mg (50 %*)
Niacin	8 mg NE*** (50 %*)
Vitamin B6	0.7 mg (50 %*)
Folate	100 µg (50 %*)
Vitamin B12	5 µg (200 %*)
Biotin	25 µg (50 %*)
Pantothenic acid	3 mg (50 %*)
Calcium	120 mg (15 %*)
Iodine	37.5 µg (25 %*)
Magnesium	60 mg (16 %*)
Iron	2.1 mg (15 %*)
Zinc	1.5 mg (15 %*)
Molybdenum	10 µg (20 %*)
Selenium	13.8 µg (25 %*)

*Reference intake according to Regulation (EU) No. 1169/2011
**Statement on vitamin E content (α-TE = Total alpha-tocopherol equivalents)
***Niacin equivalent
Quatrefolic® is a patented product and a registered trademark of Gnosis.
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.

Beneficial substances

Beneficial substances*	per daily portion 1 chewable tablet
Beta-carotene (from Dunaliella salina)	0.6 mg

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Choline (bitartrate, VitaCholine®)	50 mg
Mixed tocopherols (beta, gamma, delta)	5 mg
Zeaxanthin (from Tagetes erecta)	0.5 mg
Lutein (from Tagetes erecta)	2.5 mg

* No reference amount according to the Food Information to Consumers Regulation (FIC)

Ingredients

Sweeteners (mannitol, xylitol and steviol glycosides from Stevia [95% rebaudioside M]), minerals (calcium, magnesium, iron, zinc, molybdenum, selenium, iodine), vitamins (C, E, B3, D3, K2, B5, A, B6, B2, B1, K1, folate, biotin, B12), choline bitartrate, rapeseed oil (Brassica napus), natural orange flavour, mixed tocopherols, beta-carotene, thickener (hydroxypropylcellulose), lutein, anti-caking agents (calcium salts of fatty acids, silicon dioxide), zeaxanthin.

Recommended use

Children from 3 years: chew 1 tablet per day with a meal. If your child still has difficulty chewing tablets, it is best to crush them and mix them, for example, into yoghurt or porridge.

Warning

Contains sweeteners (mannitol, xylitol and steviol glycosides from Stevia). Excessive consumption may have a laxative effect.

Notes from EnergyVital

Only if necessary professional notes or recommendations that are important to mention from us directly, not from the manufacturer. Attention: From here everything will in future disappear towards the feature table, existing articles will change over time!

Storage instructions

Store cool, dry and protected from light (do not refrigerate).

Legal notice

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

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Product information

Application:	Children
Dosage form:	In vegan capsules.
Micronutrients:	Biotin, Calcium, Folic acid, Iodine, Iron, 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
Plants:	Marigold, Orange, Rapeseed
Quality:	Gluten-free, Lactose-free, Vegan, Vegetarian
Product type:	Dietary supplements

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