

Vegecomplex Choline by Skoczylas

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This Vegecomplex from Skoczylas is a comprehensive supplement designed to support a variety of body functions, including liver health, bone maintenance, cognitive function, and thyroid support. It contains vital nutrients like choline, calcium, iodine, iron, zinc, selenium, and vitamins D, A, B6, B2, and B12.

Key Features:

- Supports liver function with choline
- Promotes healthy metabolism of fats and cholesterol
- Contributes to normal cognitive function with B vitamins
- Essential minerals such as calcium, iodine, and selenium for bone health and thyroid function
- Contains 60 capsules, sufficient for a month's use when taken as directed

Primary Ingredients per 2 capsules:

- Calcium: 120 mg (15% RWS)
- Choline: 120 mg
- Iodine: 150 µg (100% RWS)
- Iron: 14 mg (100% RWS)
- Zinc: 10 mg (100% RWS)
- Selenium: 55 µg (100% RWS)
- Vitamin D: 50 µg (1000% RWS)
- Vitamin A: 800 µg (100% RWS)
- Vitamin B6: 1.4 mg (100% RWS)

- Vitamin B2: 1.4 mg (100% RWS)
- Vitamin B12: 2.5 µg (100% RWS)

Benefits:

- Choline helps maintain normal liver function and fat metabolism.
- Iron supports the formation of red blood cells and hemoglobin.
- Zinc contributes to the maintenance of normal hair, skin, and nails.
- Vitamin D plays a key role in calcium absorption and bone health.
- B-vitamins are essential for energy production and normal nervous system function.

Directions:

Adults: Take 1 capsule twice daily with water during meals.

Storage:

Keep in a dry, non-sunlit area at room temperature. Keep out of reach of children.

Packaging:

60 vegetarian capsules, enough for 30 days of use.

Warnings:

This supplement is not intended as a substitute for a varied diet. Do not exceed the recommended daily intake. Not recommended for pregnant or breastfeeding women.

Manufacturer:

Skoczylas