

 EuroVit
VITAMINS

**what vitamins are
and
what vitamins are for**



 EuroVit
VITAMINS

Vitamins are essential for human body life.

Vitamins are organic compounds that are needed in small quantities to sustain life.

No vitamins intake into a body = no life!



EuroVit **VITAMINS**

The body does not produce enough vitamins on its own or it does not produce any at all, therefore most vitamins need to come from food.

When food has not enough variety or is not good enough quality, body doesn't receive enough vitamins and that might cause any sort of medical conditions; in that case vitamins supplements are required.



EuroVit **VITAMINS**

Sometimes, even when food would be enough to provide good quantity of vitamins, a person undergo to physical, psychological or emotive stresses which would require more vitamins than usual to balance the stressful condition.

Such kind of stresses actually happened almost on daily basis, as following examples:

- **Physical: too much sun exposure, an intense sport activity, a slight trauma;**
 - **Psychological: a bad working day, hours in traffic jam;**
- **Emotive: a family issue, a mistreatment by unknown person, a disappointment from a friend.**



EuroVit **VITAMINS**

Each vitamin has different roles on the body and each one is essential to a healthy life.

It's important to have a daily intake of 100% Nutrient Reference Value (NRV) for each vitamins in order to be sure to provide the right nutrients to the body, therefore is a good healthy habit to take supplements that provide the right amount of vitamins.

Note: large overdoses (like over 500% NRV) of certain vitamins could cause intoxication.



 EuroVit
VITAMINS

Vitamins overview



EuroVit **VITAMINS**

There are 13 vitamins, they are all organic.

Some of them are water-soluble, others fat-soluble.

The body can store fat-soluble vitamins (A, D, E, and K) for days or months. Water-soluble vitamins (C and B-complex) needs to be replaced more often.

Human body is capable to produce only vitamin D and vitamin K



EuroVit VITAMINS

Vitamin A

Vitamin A helps your body's natural defense work properly against illness and infection. It also helps vision in dim light.

Vitamin A keeps skin and the lining of some parts of the body, such as the nose, healthy.

Women use vitamin A for heavy menstrual periods, premenstrual syndrome (PMS), vaginal infections, yeast infections, “lumpy breasts” (fibrocystic breast disease) and to prevent breast cancer. Men use vitamin A to raise their sperm count.

Pregnant women should consult a doctor for an advise.



EV EuroVit
VITAMINS

Vitamin B1
(Thiamin)

Thiamine is required by our bodies to properly use carbohydrates.

Thiamine is used for AIDS and boosting the immune system. It is used for diabetic pain, heart disease, alcoholism, aging, cerebellar syndrome, canker sores, vision problems such as cataracts and glaucoma, motion sickness and improving athletic performance.



EuroVit **VITAMINS**

Vitamin B2 (Riboflavin)

Vitamin B2 is an antioxidant; it is responsible for maintaining healthy blood cells, helping to boost energy levels, facilitating in a healthy metabolism, preventing free radical damage, contributing to growth, protecting skin and eye health. It is needed to keep your nerves and red blood cells healthy.



EuroVit **VITAMINS**

Vitamin B3 (Niacin)

As a cholesterol treatment, Vitamin B3 can boost levels of good HDL cholesterol and lower triglycerides, it also modestly lowers bad LDL cholesterol.

There's good evidence that Vitamin B3 helps reduce atherosclerosis, or hardening of the arteries in some people: for who has had an heart attack, Vitamin B3 seems to lower the risk of a second one. In addition, Vitamin B3 is an FDA-approved treatment for Pellagra.



EuroVit **VITAMINS**

Vitamin B5 **(Pantothenic Acid)**

Vitamin B5 is used for treating dietary deficiencies, acne, alcoholism, allergies, baldness, asthma, attention deficit-hyperactivity disorder (ADHD), autism, burning feet syndrome, yeast infections, heart failure, carpal tunnel syndrome, respiratory disorders, celiac disease, colitis, conjunctivitis, convulsions and cystitis. It is also taken for dandruff, depression, diabetic nerve pain, enhancing immune function, improving athletic performance, tongue infections, headache, hyperactivity, low blood sugar, insomnia, irritability, low blood pressure, multiple sclerosis, muscular dystrophy, muscular cramps, neuralgia and obesity.



EuroVit **VITAMINS**

Vitamin B6 (Riboflavin)

Vitamin B6 is used for heart disease and high cholesterol, reducing blood levels of homocysteine.

Women use Vitamin B6 for “morning sickness” (nausea and vomiting) in early pregnancy, stopping milk flow after childbirth, premenstrual syndrome and other menstruation problems.

Vitamin B6 is also used for Alzheimer’s disease, attention deficit-hyperactivity disorder (ADHD), Down syndrome, autism, diabetes and related nerve pain, sickle cell anemia, migraine headaches, asthma, carpal tunnel syndrome, night leg cramps, muscle cramps, arthritis, allergies, infertility, acne and various other skin conditions.



EuroVit **VITAMINS**

Vitamin B7 **(Biotin/Vitamin H)**

Vitamin B7 is an important component of enzymes in the body that breaks down certain substances like fats, carbohydrates and others; it helps the body to metabolize proteins and process glucose.

Vitamin B7 is known also as the “vitamin of beauty”: vitamin B7 is commonly used for hair loss, brittle nails, nerve damage and many other conditions.

The human body cannot synthesize Vitamin B7, therefore diet and supplements need to supply it.



EuroVit **VITAMINS**

Vitamin B12

Vitamin B12 is an essential element for our body as it is used for multiple things, for example for building blood cells, for neurological function and for DNA synthesis.

Our body doesn't store vitamin B12 for a long time, so it should be taken on a regular basis.



EuroVit **VITAMINS**

Vitamin C

Historically, Vitamin C was used for preventing and treating scurvy. Nowadays Vitamin C is used most often for preventing and treating the common cold. Some people use it for other infections including gum disease, acne and other skin infections, bronchitis, human immunodeficiency virus (HIV) disease, stomach ulcers caused by bacteria called *Helicobacter pylori*, tuberculosis, dysentery (an infection of the lower intestine), and skin infections that produce boils (furunculosis). It is also used for infections of the bladder and prostate.



EuroVit **VITAMINS**

Vitamin D

It helps regulating the amount of calcium and phosphate in the body. These nutrients are needed to keep bones, teeth and muscles healthy.

Vitamin D is produced by our body in response of skin exposure to sunlight; Vitamin D deficiencies in the body may affect serotonin levels in the brain. Mood disorder featuring depressive symptoms, occurs during the dark times of the year when there is relatively little sunshine. Therefore it's important to have Vitamin D supplement in winter time and in periods that we are not directly exposed to sunlight.



EuroVit VITAMINS

Vitamin E

Vitamin E is a vitamin that dissolves in fat. It helps preventing and treating diseases of the heart and blood vessels including hardening of the arteries, heart attack, chest pain, leg pain due to blocked arteries, and high blood pressure.

Vitamin E is also used for treating diabetes and its complications. It is used for preventing cancer, particularly lung and oral cancer in smokers. It is used also for colorectal cancer and polyps, and in some cases of gastric, prostate and pancreatic cancer.

Some people use vitamin E for diseases of the brain and nervous system.



EuroVit **VITAMINS**

Vitamin K1

Vitamin K is a group of fat-soluble vitamins that the human body requires for complete synthesis of certain proteins that are prerequisites for blood coagulation, so Vitamin K1 prevents bleeding through the blood clotting (coagulation) cascade.

Broadly, Vitamin K direct calcium and allow the blood to clot. While vitamin K deficiencies are rare in adults, they are very common in newborn infants and heavily alcohol drinker.

Vitamin K has benefits for dental, periodontal, heart, hormonal, kidney, bone and brain health.



EuroVit **VITAMINS**

Folic Acid

Folic Acid is the pregnancy vitamin. Taking Folic Acid before and during pregnancy can help prevent birth defects of your baby's brain and spinal cord. Folic Acid is a form of Vitamin B that plays an important role in the production of red blood cells and it helps your baby's neural tube develop into brain and spinal cord.



EuroVit **VITAMINS**

Iron

Iron is a mineral that's necessary for life: it plays a key role in the making of red blood cells.

Iron supplement is usually taken for certain type of anemia.

Usually Iron supplement is recommended for pregnancy, heavy menstrual periods, kidney disease and chemotherapy.




VITAMINS

**EuroVit Multivitamins
& Iron**

**All 13 vitamins at 100% of
daily NRV.**

**Suitable for Vegetarians, GMO
Free, Non-irradiated**

Iron if taken in excess, may be harmful to very young children.

Vitamin A: pregnant women or women who likely to become pregnant should ask for an advice of a doctor or antenatal clinic.



EuroVit VITAMINS



Vitamin A	800µg	100% NRV
Vitamin B1	1.1mg	100% NRV
Vitamin B2	1.4mg	100% NRV
Vitamin B3	16mg	100% NRV
Vitamin B5	6mg	100% NRV
Vitamin B6	1.4mg	100% NRV
Vitamin B7	50µg	100% NRV
Vitamin B12	2.5µg	100% NRV
Vitamin C	80mg	100% NRV
Vitamin D	5µg	100% NRV
Vitamin E	12mg	100% NRV
Vitamin K1	75µg	100% NRV
Folic Acid	200µg	100% NRV
Iron	14µg	100% NRV

