



Green juice flavor

B-Vit

DIETARY SUPPLEMENT

WHAT IS IT?

Mix of natural fruits and vegetables, **vitamins and minerals**, that complement the daily intake.



FEATURES





KEY I N G R E D I E N T



FRUITS AND VEGETABLES

They are essential components of a healthy diet, a daily intake can contribute to the prevention of diseases. (1)

The OMS recommends consuming at least 5 fruits and vegetables a day of different colors is recommended to contribute to health care, however the entire population does not cover this recommendation. (3)



VITAMINS AND MINERALS

Micronutrients (vitamins and minerals) are chemical elements that do not provide energy, but are essential in small amounts for the normal functioning of the organism, they participate in the use of energy provided by macronutrients (proteins, lipids and carbohydrates) and regulate several processes that allow the functioning of the organism and life. They are necessary for the maintenance of bones, muscles and blood as well as to strengthen the immune system helping the body to defend against diseases. (2)

BIBLIOGRAPHICAL SOURCES:

1. <http://www.who.int/dietphysicalactivity/fruit/>
2. L.Riart, E. Cardozo, E. Martínez, J. Meza. Alimentar la mente para crecer y vivir sanos. Guía didáctica. (pp 23.)FAO, Octubre, 2010. Paraguay. <http://alianzasalud.org.mx>
3. https://health.gov/dietaryguidelines/2015/resources/DGA_Executive-Summary-SP.pdf

SUGGESTED USE

1 serving of 20 ml (1 cap) in a half glass of water or juice (120 ml).