



Optimem 45 Capsules Drasanvi

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Description

Optimem® is a food supplement rich in phosphatidylserine, phosphatidylcholine and amino acids such as methionine, phenylalanine, glutamine and tryptophan. This excellent combination includes more than 20 ingredients that contribute to maintain the normal functioning of the nervous system and help to relieve tiredness and fatigue.

Ingredients

Phosphatidylserine (Contains SOYA) 200 mg, Gelatine (Coating Agent) , Bulking agent (Microcrystalline cellulose)

, **Phosphatidylcholine** (Contains SOYA) 100 mg, Ginkgo Biloba dry extract (Leaf) (*Ginkgo biloba* L.) 90 mg, L-Methionine 50 mg, L-Tryptophan 50 mg, L-Glutamine 50 mg, Vitamin C (Ascorbic Acid) 40 mg, L-Phenylalanine 30 mg, Bulking agent (*Magnesium Stereate*) , Vitamin B5 (*Calcium Panthothenate*) 12 mg, Vitamin B3 (*Nicotinamide*) 10 mg, Iron gluconate 10 mg, Zinc gluconate 10 mg, Coenzyme Q10 8 mg, Selenium yeast 8 mg, Vitamin E (*Tocopherol acetate*) 8 mg, Bulking agent (*Silicon dioxide*) , Vitamin B6 (*Pyridoxine hydrochloride*) 1,5 mg, Vitamin B1 (*Thiamine hydrochloride*) 1,2 mg, Vitamin B2 (*Riboflavine*) 1,2 mg, Copper Gluconate 1 mg, Folic Acid (*Pteroyl-L-glutamine acid*) 0,2 mg, Vitamin B12 (*Cyanocobalamin*) 0,002 mg

Directions

Take 2 capsules a day with 0,2 L of water.

Presentation

Contains 45 capsules of 528,55 mg. Total weight: 23,78 g (0.84 oz)

Warnings

Food supplement based on phospholipids, amino acids, vitamins and minerals.

Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. Do not exceed the expressly recommended daily dose. Keep out of the reach of little kids. Store in a cool, dry place. Consult your doctor in case of simultaneous taking of anticoagulants.

Contains soya.

Additional Information

Phosphatidylserine and phosphatidylcholine

Phosphatidylcholine (also known as lecithin) and phosphatidylserine are phospholipids and form lipid bilayers of all cell membranes.

Nutrition Facts

per daily dose (2 capsules)

Ingredients	Percentage	Quantity
Vitamin B1	109,09%	1,2 mg
Vitamin B6	107,14%	1,5 mg
Vitamin B9	100%	0,2 mg
Vitamin B5	200%	12 mg
Vitamin B2	85,71%	1,2 mg
Vitamin B12	80%	2 µg
Vitamin B3	62,5%	10 mg
Vitamin C	50%	40 mg
Vitamin E	33,3%	4 mg
Selenium	29,09%	16 µg

% NRV (Nutrient Reference Value)

Allergen Information

Soya,

Certifications

