



Multi Vitamin

This material is not approved by FDA and this product is not intended for the prevention and treatment of disease.



Multi Vitamin



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Product Detail



- **Content amount:** 1,200mg x 90tablets (108g)/3 months
- **Product type :** Health functional food
- **Directions :** Take one tablet, once a day with water.
- **Functional ingredients :** Vitamin A (86%), Vitamin B1 (583%), B2(714%), B6(667%), B12(167%), Vitamin C (107%), Vitamin D(200%), Vitamin E(64%), niacin (100%), pantothenic acid (200%), folic acid (125%), Biotin (133%), calcium(30%), magnesium (30%), selen (65%), molybdenum (160%), zinc (94%), copper (88%), iodine (60%), iron (33%)

- **Precautions:** If you are pregnant, nursing, have a medical condition, are on medication, or are a child, consult with a doctor before taking this product/ Please check the ingredients before taking this product to make sure that you are not allergic to any of the ingredients.

Iron: Children younger than 6 years of age should not consume an excessive amount of iron

One capsule, Once a day!

12 types of vitamins

+

9 types of minerals

+ 12 kinds of vitamins and 9 kinds of minerals

12 types of vitamins and 9 types of minerals, totaling 21 types of nutrients.

+ Skin health, antioxidant, immunity, energy metabolism, eye health

Contains ingredients that are necessary to generate skin and mucous membranes, ingredients that protect cells from free radicals, and various vitamins and minerals.

+ Health functional food that protects

Contains vitamin B families which are needed for energy metabolism.

Vitamins

Minerals

- The word “Vitamin” means amine substance with vitality. It is an essential organic material that needs to be consumed through food in order to maintain normal function of the body.
- Vitamins involve more than one physiological activity in the body. Therefore, it is essential.
- Fat-soluble vitamins (A, D, E, K)
- These vitamins are harmful if taken in excess
- Water soluble vitamins (Vitamin B family, C)
- These vitamins are flushed out of our bodies when taken in excess. Therefore, it is safe even when you ingest more than you need
- Vitamins should be taken in appropriate amounts regularly. Taking vitamins on an empty stomach can cause stomach problems
- It is best to take vitamin right after a meal because the absorption rate increases when vitamins are taken in with other nutrients than when they are taken alone.
- Those who skip meals are recommended to take multivitamins to compensate for various nutrients they are unable to obtain through meals.
- Students are recommended to take Vitamin B family to help improve concentration



- Minerals cannot be made inside the body so they must be consumed
- Minerals only take up 4 to 5% of body weight. However, if you do not eat enough amount of minerals, the body may not develop well and be prone to illness
- Minerals make up the skeletal structure and overall structure of a body. It also balances electrolyte body fluids and controls physiological functions.

+ Reference : The functional raw material by Ministry of Food and Drug Safety.

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Main Ingredients

General
Balance

12 types of Vitamins + 9 types of Minerals

[Vitamin A] It is necessary for adjusting vision in dark places./ It generates and maintains skin and mucous membrane. / It is needed for epithelial cells to grow and develop.

[Vitamin B1] Necessary for carbohydrates and energy metabolism

[Vitamin B2, Niacin] Necessary for energy generation in the body

[Vitamin B6] Necessary for use proteins and amino acids/ necessary for maintain the normal level of homocysteine in blood

[Vitamin B12] Necessary for folic acid metabolism

[Vitamin C] Necessary for form and maintenance of connective tissues/ necessary for absorption of iron/ necessary to protect cells from free radicals

[Vitamin D] Necessary for absorption and use of calcium and phosphorous/ necessary to form and maintain bones/ Helps reduce the risk of osteoporosis

[Vitamin E, selenium] necessary to protect cells from free radicals

[Pantothenic acid, Biotin] Necessary for fat, carbohydrates and protein metabolism and energy generation

[Folic Acid] necessary to generate cells and blood/ necessary to ensure normal development of fetus' neural tubes/ necessary to maintain the normal level of homocysteine in blood

[Calcium] necessary to form bones and teeth/ necessary to maintain the functions of nerves and muscles/ necessary for normal blood coagulation/ necessary to reduce the risk of osteoporosis

[Magnesium] necessary to use energy, necessary to maintain the functions of nerves and muscles

[Molybdenum] Necessary for oxidase and reductase

[Zinc] Necessary for normal cell division/ needed for normal immune function

[Copper] Necessary to transport and use iron/ necessary to protect cells from free radicals

[Iodine] necessary to synthesize thyroid hormones/ necessary to generate energy/ Necessary for neural development

+ Characteristics pertaining to the raw material

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Deficiency of Vitamin

Ingredients	Symptoms of deficiency
Vitamin B1 (Thiamine)	Constipation, Loss of weight, Diabetes, Cardiomegalias, Neurasthenia, Depression, Beriberi, Loss of appetite
Vitamin B2 (Riboflavin)	Indigestion, Diarrhea, Keratitis, Cataract, Hair loss, Eczema, Tiredness, Loss of liver function, Sleepless, Headache
Vitamin B9 (Folic acid)	Pernicious anemia, Dementia, Depression, Loss of appetite, Vomit, Diarrhea, Tiredness, Decline in Energy, Infection of mouth and tongue
Vitamin C (Ascorbic acid)	Scurvy, Pyorrhea Alveolaris, Decline in recuperative powers, Adult disease, Anemia
Vitamin B6	Anemia, Infection of skin, Convulsion, Depression
Vitamin B5 (Calcium pantothenate)	Tiredness, Insomniac, Vomit
Vitamin B12 (Cyanocobalamin)	Pernicious anemia, Disorder of central nervous system
Vitamin A	Night blindness, Lazy eye, Anostosis, Hypogonadism, Respiratory disease, Bad skin, Wrinkles, Dryness of hair
Vitamin D	Hunchback, Cavity, Osteomalacia, Anostosis, Osteoporosis, Absorption decline of calcium and phosphorous
Vitamin B3 (Niacin)	Diarrhea, Dermatitis



6 Recommendation for

