

MIVITOTALIEN SISÄLTÖTAULUKKO

|                                    | Mivitotal<br>Plus<br>30 ml      | Mivitotal<br>Flex<br>30 ml | Mivitotal<br>Premium<br>30 ml | Mivitotal<br>Kids<br>5 ml | Mivitotal<br>Kids<br>20 ml | Mivitotal-<br>kapselit<br>3 kaps. |         |
|------------------------------------|---------------------------------|----------------------------|-------------------------------|---------------------------|----------------------------|-----------------------------------|---------|
| VITAMIINIT                         | betakaroteeni                   | 1,5 mg                     | 1,5 mg                        | 1,5 mg                    | 0,5 mg                     | 2 mg                              | 1,1 mg  |
|                                    | D-vitamiini                     | 10 µg                      | 10 µg                         | 10 µg                     | 0,4 µg                     | 1,6 µg                            | 7,5 µg  |
|                                    | E-vitamiini                     | 133 mg                     | 133 mg                        | 90 mg                     | 2,5 mg                     | 10 mg                             | 96 mg   |
|                                    | B <sub>1</sub> -vitamiini       | 8,8 mg                     | 8,8 mg                        | 8,8 mg                    | 0,5 mg                     | 1,8 mg                            | 6,5 mg  |
|                                    | B <sub>2</sub> -vitamiini       | 10 mg                      | 10 mg                         | 10 mg                     | 0,5 mg                     | 2 mg                              | 7,5 mg  |
|                                    | niasiini                        | 10 mg                      | 10 mg                         | 10 mg                     | 0,5 mg                     | 2 mg                              | 7,5 mg  |
|                                    | B <sub>6</sub> -vitamiini       | 10 mg                      | 10 mg                         | 10 mg                     | 0,5 mg                     | 2 mg                              | 6,0 mg  |
|                                    | foliaatti (foolihappo)          | 400 µg                     | 400 µg                        | 400 µg                    | 0,3 µg                     | 1,2 µg                            | 300 µg  |
|                                    | B <sub>12</sub> -vitamiini      | 10 µg                      | 10 µg                         | 10 µg                     | 0,3 µg                     | 1,2 µg                            | 7,5 µg  |
|                                    | pantoteenihappo                 | 25 mg                      | 25 mg                         | 25 mg                     | 1,1 mg                     | 4,4 mg                            | 19 mg   |
|                                    | biotiiini                       | 100 µg                     | 100 µg                        | 100 µg                    | 13 µg                      | 50 µg                             | 75 µg   |
|                                    | C-vitamiini                     | 750 mg                     | 750 mg                        | 750 mg                    | 17 mg                      | 66 mg                             | 540 mg  |
|                                    | MINERAALIT                      | kalsium                    | 250 mg                        | 250 mg                    | 250 mg                     | 37 mg                             | 150 mg  |
| magnesium                          |                                 | 300 mg                     | 300 mg                        | 300 mg                    | 26 mg                      | 100 mg                            | 240 mg  |
| kalium                             |                                 | 400 mg                     | 400 mg                        | 400 mg                    | 16,5 mg                    | 66 mg                             | 150 mg  |
| kupari                             |                                 |                            |                               |                           |                            |                                   | 370 µg  |
| jodi                               |                                 | 150 µg                     | 150 µg                        | 150 µg                    | 13 µg                      | 50 µg                             | 110 µg  |
| sinkki                             |                                 | 5 mg                       | 5 mg                          | 5 mg                      | 1 mg                       | 4 mg                              | 3,9 mg  |
| mangaani                           |                                 | 2 mg                       | 2 mg                          | 2 mg                      | 0,3 mg                     | 1 mg                              | 1,5 mg  |
| seleeni                            |                                 | 50 µg                      | 50 µg                         | 50 µg                     | 8 µg                       | 32 µg                             | 36 µg   |
| kromi                              |                                 |                            | 50 µg                         | 50 µg                     | 17 µg                      | 66 µg                             | 38 µg   |
| boori                              |                                 |                            | 500 µg                        |                           | 83 µg                      | 330 µg                            | 370 µg  |
| VITAMIINIEN<br>KALTAISET<br>AINEET |                                 | PABA                       | 10 mg                         | 10 mg                     | 10 mg                      | 1,7 mg                            | 6,6 mg  |
|                                    | Q10                             | 10 mg                      | 10 mg                         | 10 mg                     |                            |                                   | 7,5 mg  |
|                                    | inositoli                       | 25 mg                      | 25 mg                         | 25 mg                     | 4,2 mg                     | 17 mg                             | 19 mg   |
|                                    | koliini                         | 12 mg                      | 12 mg                         | 12 mg                     | 4,2 mg                     | 17 mg                             | 19 mg   |
| AMINOHAPOT                         | L-karnitiini                    |                            | 100 mg                        | 100 mg                    |                            |                                   |         |
|                                    | L-tauriini                      |                            | 500 mg                        | 500 mg                    |                            |                                   |         |
|                                    | L-tyrosiini                     | 500 mg                     | 14 mg                         | 14 mg                     |                            |                                   |         |
|                                    | L-alaniini                      | 28 mg                      | 28 mg                         | 28 mg                     |                            |                                   |         |
|                                    | L-arginiini                     | 32 mg                      | 32 mg                         | 32 mg                     |                            |                                   |         |
|                                    | L-aspartiinihappo               | 66 mg                      | 66 mg                         | 66 mg                     |                            |                                   |         |
|                                    | L-fenyylialaniini               | 42 mg                      | 42 mg                         | 42 mg                     |                            |                                   |         |
|                                    | L-glutamiinihappo               | 180 mg                     | 180 mg                        | 180 mg                    |                            |                                   |         |
|                                    | L-glysiini                      | 18 mg                      | 18 mg                         | 18 mg                     |                            |                                   |         |
|                                    | L-histidiini                    | 24 mg                      | 24 mg                         | 24 mg                     |                            |                                   |         |
|                                    | L-isoleusiini                   | 50 mg                      | 50 mg                         | 50 mg                     |                            |                                   |         |
|                                    | L-kysteiini                     | 25 mg                      | 25 mg                         | 25 mg                     |                            |                                   |         |
|                                    | L-leusiini                      | 76 mg                      | 76 mg                         | 76 mg                     |                            |                                   |         |
|                                    | L-lysiini                       | 70 mg                      | 70 mg                         | 70 mg                     |                            |                                   |         |
|                                    | L-metioniini                    | 48 mg                      | 48 mg                         | 48 mg                     |                            |                                   |         |
|                                    | L-proliini                      | 90 mg                      | 90 mg                         | 90 mg                     |                            |                                   |         |
|                                    | L-seriini                       | 50 mg                      | 50 mg                         | 50 mg                     |                            |                                   |         |
| L-treoniini                        | 40 mg                           | 40 mg                      | 40 mg                         |                           |                            |                                   |         |
| L-tryptofaani                      | 12 mg                           | 12 mg                      | 12 mg                         |                           |                            |                                   |         |
| L-valiini                          | 60 mg                           | 60 mg                      | 60 mg                         |                           |                            |                                   |         |
| aminohapposeos                     |                                 |                            |                               |                           |                            | 63,9 mg*                          |         |
| MUUT RAVINTOTEKIJÄT                | kolloidiset mineraalit (70 kpl) | 19,1 mg                    | 19,1 mg                       | 19,1 mg                   | 1,6 mg                     | 6,4 mg                            | 18,9 mg |
|                                    | sitrusbioflavonoidit            | 50 mg                      | 50 mg                         | 23 mg                     |                            |                                   | 3,8 mg  |
|                                    | kversetiini                     |                            |                               | 56 mg                     |                            |                                   |         |
|                                    | lykopeeni                       |                            |                               | 3 mg                      |                            |                                   |         |
|                                    | hesperidiini                    |                            |                               | 135 mg                    |                            |                                   |         |
|                                    | beta (1,3/1,6) glukaani         |                            |                               | 20 mg                     |                            |                                   |         |
|                                    | riboosi                         |                            | 100 mg                        | 100 mg                    |                            |                                   |         |
|                                    | alfalfa                         | 3,8 mg                     | 3,8 mg                        | 3,8 mg                    |                            |                                   | 30 mg   |
| psyllium                           | 3,8 mg                          | 3,8 mg                     | 3,8 mg                        |                           |                            | 30 mg                             |         |

\*Aminohappojen yhteismäärä Mivitotal-kapsleissa