

FIERCE

Excerpt from the different operating modes of VABO-N FIERCE



According to the Health Claims Regulation of the EFSA

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01

GENERAL WELL-BEING

🕏 Contributes to the normal function of the **immune system _____** Vitamin A, Vitamin C, Vitamin B6, B12, Vitamin D, Folate, Zinc, Selenium

Zinc

Ocontributes to the normal function of the **heart** Vitamin B1

Contributes to the maintenance of normal **liver** function Choline

Contributes to the normal thyroid function _ Selenium

Contributes to the maintenance of normal vision Vitamin A, Vitamin B2, Zinc

Ocntributes to the maintenance of normal **mucous membranes** Vitamin A. Vitamin B2. Niacin. Biotin

02

MENTAL WELLBEING

Ocontributes to the reduction of **tiredness** and **fatigue ______** Vitamin C, Vitamin B2, B6, B12, Niacin, Pantothenic Acid, Folate, Magnesium f arphi Contributes to normal functioning of the **nervous system** $_$ Vitamin C, Vitamin B1, B2, B12, Niacin, Biotin, Magnesium Contributes to normal mental performance Pantothenic Acid Vitamin C, Vitamin B1, B6, B12, Niacin, Biotin, Contributes to normal psychological function ______ Folate, Magnesium Contributes to normal cognitive function



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03

METABOLIC HEALTH

Ontributes to normal energy-yielding metabolism	_ Vitamin C, Vitamin B1, B2, B6, B12, Niacin, Pantothenic Acid, Biotin, Magnesium	
Ontributes to normal homocysteine metabolism	Vitamin B6, B12, Folate, Choline	
Ontributes to normal macronutrient metabolism	Biotin, Zinc	
Ontributes to normal carbohydrate metabolism	Zinc	
Ontributes to normal iron metabolism	Vitamin A, Vitamin B2	BETTER
Increases iron absorption	Vitamin C	4
Ontributes to normal metabolism of vitamin A	Zinc	
Contributes to normal absorption/utilisation of calcium and		m m
phosphorus and to normal blood calcium levels	Vitamin D	A O A
Ontributes to normal protein and glycogen metabolism	Vitamin B6	
Ontributes to normal protein synthesis	Zinc, Magnesium	@ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \
Ontributes to normal synthesis and metabolism of steroid hormones ,		O MILE TO THE TOTAL TOTA
vitamin D and some neurotransmitters	Pantothenic Acid	S D Z
Ontributes to normal amino acid synthesis	Folate	
Ontributes to normal acidbase metabolism	Zinc	Ţ
Ontributes to normal metabolism of fatty acids	Zinc	
Ontributes to normal lipid metabolism	Choline	T T
Ontributes to normal blood formation	Folate	1 里
Contributes to the maintenance of normal red blood cells	Vitamin B2, B6, B12	



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04

ANTI-AGING FACTOR

- Ocontributes to the protection of cells from oxidative stress ______ Vitamin C, Vitamin E, Vitamin B2, Zinc, Selenium
- Ocontributes to the maintenance of normal bones _______ Vitamin D, Zinc, Magnesium
- O Has a role in the process of **cell specialisation** ______ Vitamin A

05

BEAUTY HELPER

- Ocontributes to the maintenance of normal **teeth** ______ Vitamin D, Magnesium
- Ontributes to the maintenance of normal **skin** _______ Vitamin A, Vitamin B2, Niacin, Biotin, Zinc
- Ontributes to the maintenance of normal **nails** ______ Zinc, Selenium
- Contributes to normal collagen formation for the normal function of blood vessels, bones,

cartilage, gums, skin and teeth ______ Vitamin C



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06 SPORT SUPPORT

- Ocntributes to the maintenance of normal **muscle** function ______ Vitamin D, Magnesium
- Contributes to maintain the normal function of the
 immune system during and after intense physical exercise _______ Vitamin C
- Ontributes to **electrolyte** balance ______ Magnesium

07 SEXUAL HEALTH

- Ocontributes to maternal **tissue growth** during **pregnancy**______Folate
- Ontributes to the regulation of **hormonal activity**
- Contributes to the maintenance of normal

testosterone levels in the blood _____ Zinc

- Ontributes to normal spermatogenesis ______ Selenium
- Ontributes to normal **fertility** and **reproduction** ______ Zinc

