

Read the content of this direction insert carefully before you start using Vible, because it contains important information for you.

This product is available without a doctor's prescription, for your use as a food supplement. Nevertheless, you still need to use Vible carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- If you have further questions, please ask your doctor or your pharmacist.
- You must contact a doctor, dietician or pharmacist if your symptoms worsen or do not improve.

SUPPLEMENT FACTS:

Each tablet contains:	Qty.	*RDA
Vitamin A (29% as Beta-Carotene)	3,500 IU	117%
Vitamin C	120 mg	133%
Vitamin D	1,000 IU	167%
Vitamin E	60 IU	268%
Vitamin K	60 mcg	50%
Thiamine	1.5 mg	125%
Riboflavin	1.7 mg	130%
Niacin	20 mg	125%
Vitamin B6	6 mg	461%
Folic Acid	300 mcg	75%
Vitamin B12	100 mcg	4167%
Biotin	30 mcg	100%
Pantothenic Acid	10 mg	200%
Calcium	210 mg	17%
Phosphorus	20 mg	3%
Iodine .	150 mcg	100%
Magnesium	75 mg	18%
Zinc	15 mg	136%
Selenium	21 mcg	38%
Copper .	0.5 mg	56%
Manganese	4 mg	174%
Chromium	60 mcg	171%
Molybdenum	50mcg	111%
Chloride	72mg	3%
Potassium	80 mg	1.7%
Nickle	5 mcg	Not established
Silicon	2 mg	5%
Vanadium	10 mcg	Not established
Lutein	300 mcg	Not established
Lycopene	600 mcg	Not established

*RDA references: www.healthline.com, www.nutrifacts.org, www.nih.gov, www.webmd.com (Novamed Healthcare Specs.)

DESCRIPTION

Vible is a combination of different vitamins and minerals that are normally found in foods and other natural sources & is the most complete supplement to help support general health of men. It is specially formulated to provide nutritional supplementation in individuals with malabsorptive conditions due to poor eating habits or who require additional nutritional supplements in order to combat any physical illness that affects the body's ability to absorb nutrition from food, or increased need for vitamins and minerals due to stress or illness. Vitamins are needed for the body to function well. Vitamin C helps support a healthy immune system, and along with vitamin A and E, strengthens the health of eyes. B vitamins help with many bodily functions including heart and brain health. This vitamin is intended as a supplement to a normal and healthy diet.

USES

Vible is a personalized formula for men, which has all essential micronutrients to feed body cells and help support muscle function as well as the heart, brain and eyes. As men age, it becomes more important to get adequate amounts of vitamins & minerals to help, maintain and achieve optimum health and proper growth.

- Improves general health.
- Enhances body immune system.
- Strengthens heart function and supports brain health.
- Provides vision support.

HOW TO USE

Adult dosage
Take one (1) tablet daily.

Over dosage and treatment
Insufficient date.

Administration requirements
To be taken orally with food.

ROLE OF INGREDIENTS

Vitamin A plays a variety of functions throughout the body, such as vision, bone metabolism, immune function, skin health etc.
Vitamin C act as antioxidant, important for skin, bones, connective tissue, promotes healing.
Vitamin D plays an important role in immune function, healthy cell division and bone health. It is necessary for the absorption and metabolism of calcium and phosphorus.
Vitamin E works as an antioxidant contributes to healthy skin and eyes and plays a role in strengthening immune system.
Vitamin K₁ plays important role in blood clotting, bone metabolism, and regulating blood calcium levels.
Thiamin or vitamin B1 enables the body to use carbohydrates as energy. It is essential for glucose metabolism, and it plays a key role in nerve, muscle, and heart function.
Niacin or vitamin B3 helps lower cholesterol, ease arthritis and boost brain function, among other benefits.
Vitamin B6 is important for metabolism of protein and proper nervous system functioning.
Folic acid helps the body make healthy new red blood cells. It is also important for the synthesis and repair of DNA and other genetic material, and necessary for cells to divide.
Vitamin B12 is important for nerve tissue health, brain function, and the production of red blood cells.
Biotin assists in the metabolism of fatty acids and the utilization of B-vitamins.
Pantothenic acid helps produce energy by breaking down fats and carbohydrates. It also promotes healthy skin, hair, eyes, and liver.
Calcium is important for Bone health. It reduces the risk of osteoporosis.
Phosphorus is a mineral that the body uses to build bones and teeth and to make proteins that grow and repair cells and tissues.
Iodine is essential for the normal metabolism of cells. The body needs iodine for normal thyroid function and for the production of thyroid hormones.
Magnesium helps to maintain normal nerve and muscle function and supports immune system.
Zinc is vital for a healthy immune system, correctly synthesizing DNA, promoting healthy growth, and healing wounds.
Selenium is an essential trace mineral that is important for many bodily processes, including cognitive function, a

healthy immune system, and fertility in both men and women.
Copper helps in the development of red blood cells as well as the maintenance of healthy bones, nerves, and the immune system.
Manganese contributes to many bodily functions, including the metabolism of amino acids, cholesterol, glucose, and carbohydrates. It also plays a role in bone formation, blood clotting, and reducing inflammation.
Chromium Aids in glucose metabolism and regulates blood sugar.
Molybdenum is important for the development of the nervous system, waste processing in the kidneys and energy production in cells. It also prevents anemia, dental cavities, sexual impotence, and gout.
Chloride keep the proper balance of body fluids. It is an essential part of the digestive (stomach) juices.
Potassium helps to maintain blood pressure, water balance in the body, digestion, nerve impulses, muscle contractions, and pH balance.
Nickle plays a vital function in metabolism
Silicon is use for skin healing and for treating sprains and strains, as well as digestive system disorders.
Vanadium is use for low levels of sugar in the blood (Hypoglycemia), high levels of cholesterol or other fats (lipids) in the blood (hyperlipidemia), heart disease, and other conditions.
Lycopene is a powerful antioxidant with benefits, including sun protection, improved heart health and a lower risk of certain types of cancer.
Lutein prevents the age-related macular degeneration.

RECOMMENDED DIETARY ALLOWANCE (RDA)

INGREDIENTS	*RDA
Vitamin A (29% As Beta-Carotene)	2333IU
Vitamin C	90mg
Vitamin D	600IU
Vitamin E	15mg
Vitamin K1	120mcg
Thiamin	1.2mg
Riboflavin	1.3mg
Niacin	16mg NE
Vitamin B6	1.3mg
Folic Acid	400mcg DFE
Vitamin B12	2.4mcg
Biotin	30mcg
Pantothenic Acid	5mg
Calcium	1200mg
Phosphorus	700mg
Iodine	150mcg
Magnesium	420mg
Zinc	11mg
Selenium	55mcg
Copper	900mcg
Manganese	2.3mg
Chromium	35mcg
Molybdenum	45 mcg
Chloride	2.3g
Potassium	4.7g
Nickel	Not established
Silicon	Not established
Vanadium	Not established
Lycopene	Not established
Lutein	Not established

*RDA references: www.healthline.com, www.nutrifacts.org, www.nih.gov, www.webmd.com
DFE (Dietary Folate Equivalents)
NE (Niacin Equivalents)

WARNINGS AND PRECAUTIONS

Do not exceed the recommended dose.
Please consult your pharmacist / doctor before taking this product.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredient present in it.

UNDESIRABLE EFFECTS

None reported.

INTERACTIONS WITH OTHER MEDICATIONS

No data is available.

PRESENTATION

Vible: Bottle of 30 Tablets.

INSTRUCTIONS

Keep out of the reach of children.
Protect from light, heat and moisture.
Store below 30°C.
For suspected adverse drug reaction, email us at reports@pharveo.biz

For more information on our products
call PharmAssist helpline 0800-82222
Monday to Friday 9:00 am to 6:00 pm
or email us at : pharmassist@pharveo.biz

A Product of
PharmEvo®
Our dream, a healthier society

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