Swedish **Nutra**
#1 NORDIC SUPPLEMENT PRODUCER

Product Specification

Ingredients list for Swedish Collagen Hair
Packaging: 500 ml
Article Number: 2536
Dose: 25 ml
Flavour: Citrus Fruit Flavor
Form: Liquid
Supply: 33 Days Supply

Active Ingredient	25 ml Dose	%NRV
Vitamin A (Retinyl Acetate)	800 µg	100%
Vitamin C (Ascorbic acid)	80 mg	100%
Vitamin E (DL-Alpha Tocopheryl Acetate)	48 mg	400%
Vitamin B3 (Niacinamide)	16 mg	100%
Vitamin B5 (D-Calcium Pantothenate)	50 mg	833%
Vitamin B7 (D-Biotin)	5000 µg	10000%
Vitamin B9 (Folic acid)	600 µg	300%
Vitamin B12 (Cyanocobalamin)	200 µg	8000%
Zinc (as Gluconate)	15 mg	150%
Copper (as Gluconate)	500 µg	50%
Selenium (Sodium Selenite)	55 µg	100%
Inositol	1000 mg	**
MSM (Methylsulfonylmethane)	500 mg	**
Hyaluronic acid (Sodium Hyaluronate)	100 mg	**
COQ10 (Ubiquinone)	10 mg	**
Silica (Natural Silicone Dioxide)	10 mg	**
Green Tea Extract (Leaf Camellia sinensis)	100 mg	**
Blueberry Extract (Vaccinium Cyanococcus)	100 mg	**
Cranberry Extract (Vaccinium macrocarpon)	100 mg	**
Ashwagandha Extract (Withania somnifera)	100 mg	**
Hydrolyzed Marine Collagen (Fish)	2500 mg	**

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Ingredients: Multi-filtered water, ***hydrolyzed fish collagen type 1 & 3***; (Pure Peptide hydrolyzed fish collagen contains the amino acids: l-glycine, l-proline, l-alanine, l-hydroxyproline, l-glutamic acid, l-arginine, l-aspartic acid, l-serine, l-lysine, l-leucine, l-valine, l-threonine, l-phenylalanine, l-isoleucine, l-hydroxylysine, l-methionine, l-histidine, l-tyrosine, l-cysteine), inositol, MSM (methylsulfonylmethane), vitamin E, vitamin C, acidity regulator (citric acid), zinc, calcium pantothenate, hyaluronic acid, niacin, silica, coenzyme Q10, green tea powder, blueberry powder, cranberry powder, ashwagandha powder, preservatives (potassium sorbate, sodium benzoate), flavour (natural orange, natural strawberry), biotin, vitamin A, copper, emulsifier (xanthan gum), sweetener (steviol glycosides, sucralose, ace k), folic acid, vitamin B12, selenium. 100% Natural Flavour & Natural Colour.

EFSA CLAIMS

Vitamin A

- Vitamin A contributes to normal iron metabolism
- Vitamin A contributes to the maintenance of normal mucous membranes
- Vitamin A contributes to the maintenance of normal skin
- Vitamin A contributes to the maintenance of normal vision
- Vitamin A contributes to the normal function of the immune system
- Vitamin A has a role in the process of cell specialization

Vitamin C

- Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise
- Vitamin C contributes to normal collagen formation for the normal function of blood vessels
- Vitamin C contributes to normal collagen formation for the normal function of bones
- Vitamin C contributes to normal collagen formation for the normal function of cartilage
- Vitamin C contributes to normal collagen formation for the normal function of gums
- Vitamin C contributes to normal collagen formation for the normal function of skin
- Vitamin C contributes to normal collagen formation for the normal function of teeth
- Vitamin C contributes to normal energy-yielding metabolism
- Vitamin C contributes to normal functioning of the nervous system
- Vitamin C contributes to normal psychological function
- Vitamin C contributes to the normal function of the immune system
- Vitamin C contributes to the protection of cells from oxidative stress
- Vitamin C contributes to the reduction of tiredness and fatigue
- Vitamin C contributes to the regeneration of the reduced form of vitamin E
- Vitamin C increases iron absorption

Niacin

- Niacin contributes to normal energy-yielding metabolism

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- Niacin contributes to normal functioning of the nervous system
- Niacin contributes to normal psychological function
- Niacin contributes to the maintenance of normal mucous membranes
- Niacin contributes to the maintenance of normal skin
- Niacin contributes to the reduction of tiredness and fatigue

Vitamin E

- Vitamin E contributes to the protection of cells from oxidative stress

Vitamin B5 (Pantothenic acid)

- Pantothenic acid contributes to normal energy-yielding metabolism
- Pantothenic acid contributes to normal mental performance
- Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
- Pantothenic acid contributes to the reduction of tiredness and fatigue

Vitamin B7 (Biotin)

- Biotin contributes to normal energy-yielding metabolism
- Biotin contributes to normal functioning of the nervous system
- Biotin contributes to normal macronutrient metabolism
- Biotin contributes to normal psychological function
- Biotin contributes to the maintenance of normal hair
- Biotin contributes to the maintenance of normal mucous membranes
- Biotin contributes to the maintenance of normal skin

Vitamin B12

- Vitamin B12 contributes to normal energy- yielding metabolism
- Vitamin B12 contributes to normal functioning of the nervous system
- Vitamin B12 contributes to normal homocysteine metabolism
- Vitamin B12 contributes to normal psychological function
- Vitamin B12 contributes to normal red blood cell formation
- Vitamin B12 contributes to the normal function of the immune system
- Vitamin B12 contributes to the reduction of tiredness and fatigue
- Vitamin B12 has a role in the process of cell division

Zinc

- Zinc contributes to normal DNA synthesis
- Zinc contributes to normal acid-base metabolism
- Zinc contributes to normal carbohydrate metabolism
- Zinc contributes to normal cognitive function
- Zinc contributes to normal fertility and reproduction
- Zinc contributes to normal macronutrient metabolism
- Zinc contributes to normal metabolism of fatty acids

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- Zinc contributes to normal metabolism of vitamin A
- Zinc contributes to normal protein synthesis
- Zinc contributes to the maintenance of normal bones
- Zinc contributes to the maintenance of normal hair
- Zinc contributes to the maintenance of normal nails
- Zinc contributes to the maintenance of normal skin
- Zinc contributes to the maintenance of normal testosterone levels in the blood
- Zinc contributes to the maintenance of normal vision
- Zinc contributes to the normal function of the immune system
- Zinc contributes to the protection of cells from oxidative stress
- Zinc has a role in the process of cell division

Selenium

- Selenium contributes to normal spermatogenesis
- Selenium contributes to the maintenance of normal hair
- Selenium contributes to the maintenance of normal nails
- Selenium contributes to the normal function of the immune system
- Selenium contributes to the normal thyroid function
- Selenium contributes to the protection of cells from oxidative stress

Copper

- Copper contributes to maintenance of normal connective tissues
- Copper contributes to normal energy-yielding metabolism
- Copper contributes to normal functioning of the nervous system
- Copper contributes to normal hair pigmentation
- Copper contributes to normal iron transport in the body
- Copper contributes to normal skin pigmentation
- Copper contributes to the normal function of the immune system
- Copper contributes to the protection of cells from oxidative stress

Notes:

Sugar Free.

Non-GMO and free from wheat, gluten, soya, egg, nuts and milk.

Storage: Store in a dry, cool place, protected from sunlight. After opening, refrigerate and consume within 2 months. Keep out of reach of children.

Warnings: If you have any medical conditions consult with your healthcare provider prior to use. Discontinue use if any adverse reactions occur. Health supplements should not replace a varied diet. Do not exceed the recommended dose.
Contains Sweeteners.

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Allergen Warning: Contains ingredients from fish.

Caffeine (10 mg per dose). This product contains **15 mg of (-)-epigallocatechin-3-gal-late (EGCG) per dose from green tea**. The daily intake should not exceed 800 mg of EGCG. Should not be consumed if you are also taking other products containing green tea on the same day. Should not be consumed by pregnant or breastfeeding women or children under 18 years of age.

Swedish Nutra
Malmö, Sweden,
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