



MULTI VITAMIN GOLD



The Gold Stranded

Proveda Proud to introduce..

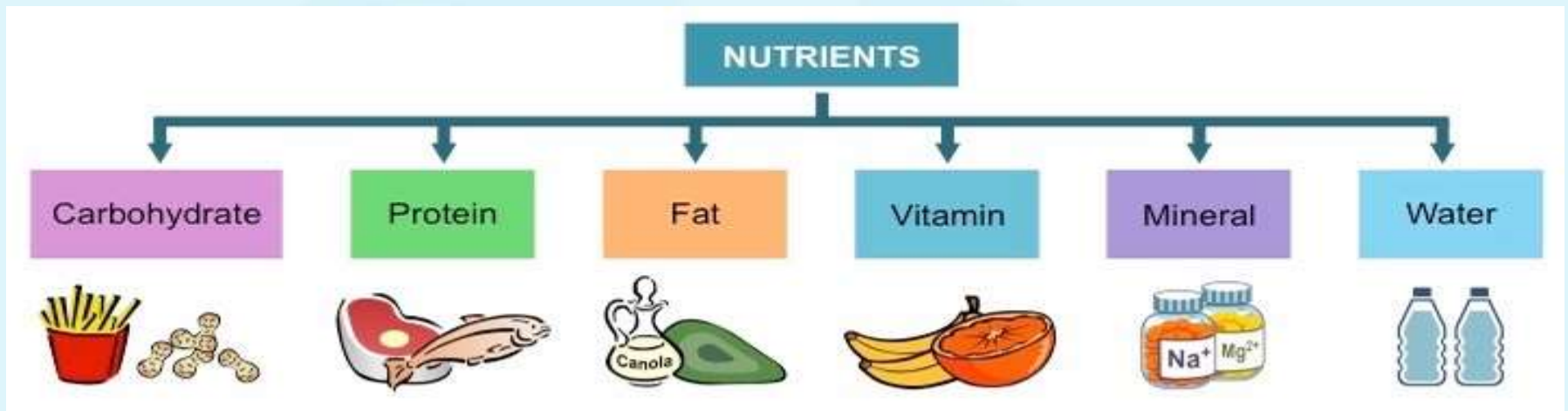
- Nutricio Multi Vitamin Gold enriched with premium blend of Vitamins , Minerals & Phyto - nutrients to help in providing the nutrients required for everyday life.
- With the goodness of Ginseng , Grape seed, Lutein & Lycopene



Types of Nutrients

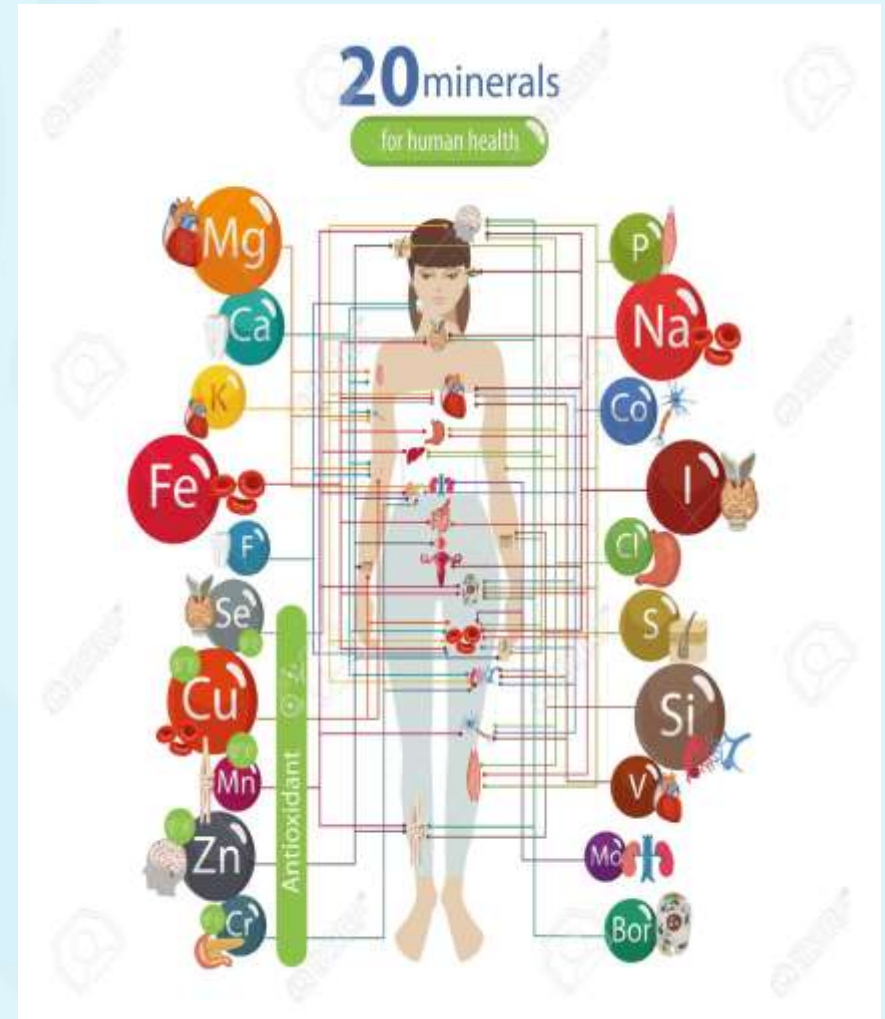
Two types of Nutrients

1. Macro Nutrients : Protein , Carbohydrate & Fats
2. Micro Nutrients : Vitamins & Minerals
3. Water



Minerals

- **Minerals** are those elements on the earth and in **foods** that our bodies need to develop and function normally.
- Those essential for health include calcium, phosphorus, potassium, sodium, chloride, magnesium, iron, zinc, iodine, chromium, copper, fluoride, molybdenum, manganese, and selenium.
- **Minerals** help your **body** grow, develop, and stay healthy.
- The **body** uses **minerals** to perform many different **functions** — from building strong bones to transmitting nerve impulses.
- Some **minerals** are even used to make hormones or maintain a normal heartbeat.



Vitamins

- **Vitamins** are a group of substances that are needed for normal cell **function**, growth, and development.
- There are 13 essential **vitamins**. Multivitamins are used to provide **vitamins** that are not taken in through the diet.
- Multivitamins are also used to treat **vitamin** deficiencies (lack of **vitamins**) caused by illness, pregnancy, poor nutrition, digestive disorders, and many other conditions.



Phyto Nutrients

- **Phytonutrients** are chemicals produced by plants.
- Foods with **phytonutrients** have antioxidant and anti-inflammatory benefits.
- **Phytonutrients**, also called phytochemicals, are chemicals produced by plants.
- Plants use **phytonutrients** to stay healthy.





Multivitamin Gold

Power of Phyto Nutrients



Ginseng refers to eleven different varieties of a short, slow-growing plant with fleshy roots. **Ginseng** is believed to restore and enhance wellbeing. It is one of the most popular herbal remedies. The herbs consist of a light-collared, forked-shaped root, a relatively long stalk, and green leaves with an oval shape.



Lutein is a xanthophyll and one of 600 known naturally occurring carotenoids. **Lutein** is synthesized only by plants, and like other xanthophylls is found in high quantities in green leafy vegetables such as spinach, kale and yellow carrots. Very good for vision



Grape seed extract, which is made from the seeds of wine grapes, is promoted as a dietary **supplement** for various conditions, including venous insufficiency (when veins have problems sending blood from the legs back to the heart), promoting wound healing, and reducing inflammation.



Multivitamin Gold

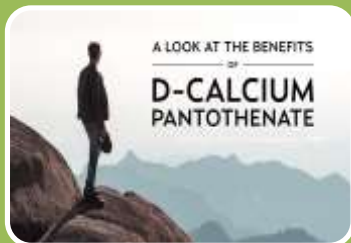
Power of Phyto Nutrients



Zeaxanthin is one of the most common carotenoid alcohols found in nature. It is important in the xanthophyll cycle. Synthesized in plants and some micro-organisms, it is the pigment that gives paprika (made from bell peppers), corn, saffron, wolfberries, and many other plants and microbes their characteristic color.



Lycopene is a plant nutrient with antioxidant properties. It's the pigment that gives red and pink fruits, such as tomatoes, watermelons and pink grapefruit, their characteristic color. **Lycopene** has been linked to health benefits ranging from heart health to protection against sunburns and certain types of cancers.



D-calcium pantothenate is a form of **pantothenic acid**, or vitamin B5. Found in plants and animal tissues as well as cereal grains, eggs legumes, and milk. Most known for protecting cells against per-oxidative damage by increasing the level of glutathione--an important compound aiding in the oxidation-reduction of cells



Multi vitamin power



Providing cell protection, vitamin E is vital to a functioning immune system. As a powerful **antioxidant**, it helps cells fight off infection. This vitamin also helps protect eyesight.



Vitamin B6, along with the other B vitamins, helps the body turn food into energy. On its own, vitamin B6 has many other uses that are important to maintaining a healthy body and developing a healthy **brain**. Vitamin B6 is so important it may have triggered the growth of the first living creatures on Earth.



Riboflavin is a vitamin that is needed for growth and overall good health. It helps the body break down **carbohydrates, proteins** and **fats** to produce **energy**, and it allows oxygen to be used by the body.



Multi Vitamin Power



Vitamin B12 is a nutrient that helps keep the body's nerve and **blood cells** healthy and helps make DNA, the genetic material in all cells. Vitamin B12 also helps prevent a type of **anaemia** called **megaloblastic anaemia** that makes people tired and weak. Two steps are required for the body to absorb vitamin B12 from food.



Vitamin A, also known as retinol, has several important functions. These include: helping your **body's** natural defence against illness and infection (the immune system) work properly. helping vision in dim light.



Folic acid is a type of B vitamin that is normally found in foods such as dried beans, peas, lentils, oranges, whole-wheat products, liver, asparagus, beets, broccoli, brussels sprouts, and spinach. **Folic acid** helps your body produce and maintain new cells, and also helps prevent changes to DNA that may lead to cancer.



Multi Minerals Power



Zinc is needed for DNA synthesis, immune function, metabolism and growth. It may reduce **inflammation** and your risk of some age-related diseases. Most people meet the RDI of 11 mg for men and 8 mg for women through diet, but older adults and people with diseases that inhibit zinc absorption may need to supplement.



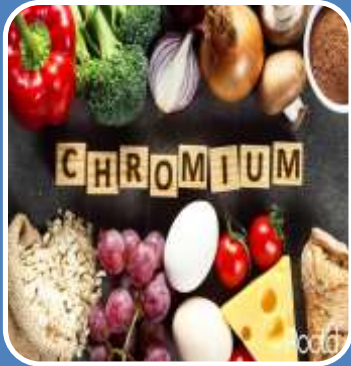
Copper is an essential nutrient for the body. Together with **iron**, it enables the body to form red blood cells. It helps maintain healthy **bones**, blood vessels, nerves, and immune function, and it contributes to **iron** absorption. Sufficient copper in the diet may help prevent **cardiovascular disease** and **osteoporosis**, too.



May Improve **Bone Health** in Combination With Other Nutrients. Strong **Antioxidant** Properties May Reduce Disease Risk. .Helps Reduce Inflammation, Particularly in Combination With Glucosamine and Chondroitin. Plays a Role in Blood Sugar Regulation. Linked to Lower Incidences of Epileptic Seizures.



Multi Minerals Power



Chromium picolinate is the form of chromium commonly found in dietary supplements. It may be effective at improving the body's response to insulin or lowering **blood sugar** in those with **diabetes**. What's more, it may help reduce hunger, cravings and binge eating.



Acts as a powerful **antioxidant**. Share on Pinterest. May reduce your risk of certain cancers. May protect against **heart disease**. Helps prevent mental decline . Is important for thyroid health. Boosts your **immune system**. May help reduce **asthma** symptoms.

Benefits of Multivitamin Gold

- Help in improving focus
- Revitalizing the body
- Improves metabolism
- Helps in general fatigue
- Protects from various infections
- Feel energetic round the clock
- Immunity booster





Recommended dosage

- 1 soft gel twice daily a day or as suggested by the physician
- Not recommended for below 12 years
- Not recommended for pregnant lady or lactating mother

