

# Q 10 30 mg plus Magnesium, Vit. E , Selen Kapseln

## Q10 30 mg plus magnesium, vit. E, selenium capsules

### Product description:

Food supplement with the coenzyme Q 10, minerals magnesium, selenium and vitamin E.

### Health claims:

Selenium and vitamin E contributes to the protection of cells from oxidative stress. Magnesium contributes to a reduction of tiredness and fatigue, as well as normal function of the nervous system.

### Net quantity:

60 capsules = 29 g

### Ingredients:

Magnesium carbonate, gelatin (beef), selenium enriched yeast, coenzyme Q 10, DL- $\alpha$ -tocopheryl acetate, anti caking agent magnesium salts of fatty acids, colour calcium carbonate

### Nutrive content:

	Per 2 capsules
Coenzyme Q 10	60 mg
Magnesium	155 mg (41%)*
Selenium	60 $\mu$ g (109%)*
Vitamin E	16 mg $\alpha$ -TE (133%)*

\*Nutrient reference values of the EU

### Recommended daily consumption:

Two times a day take 1 capsule unchewed with a meal and sufficient liquid.

**Warning notice:**

Q 10 plus capsules should not be taken by pregnant women, nursing mothers, children and adolescents under 18 years of age.

Do not exceed the stated recommended daily dose.

Food supplements should not be used as a substitute for a balanced and varied diet.

**Storage conditions:**

The product should be stored at room temperature, in a dry place, always locked and out of the reach of young children.

**Supplier:**

Pharma Peter GmbH, Tarpenring 12, 22419 Hamburg

**PZN/ Article number:**

4831577

**EAN:**

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**Date:**

March, 2022