



MÉDERI
NUTRICIÓN INTEGRATIVA
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MEDERIMAX

Description: Food supplement based on vitamins, minerals, L-leucine, choline, inositol and coenzyme Q10.

Directions for use / recommended dose: Take three (3) capsules a day, preferably before meals, or according to professional recommendation.

Presentation: Bottle of 90 capsules of 820 mg.

Composition: Magnesium bisglycinate, vegetable capsule (coating agent: hydroxypropyl methylcellulose and coloring agent: Iron oxide), choline bitartrate, calcium carbonate, DL-alpha tocopheryl acetate (vitamin E), L-Leucine, L-ascorbic acid (vitamin C), coenzyme Q10, bulking agent (calcium phosphate dihydrate), inositol, zinc citrate, bulking agent (microcrystalline cellulose), ferrous fumarate, manganese citrate, thiamine hydrochloride (vitamin B1), menaquinone-7 (vitamin K), selenium-enriched yeast, boric acid, D-calcium pantothenate (pantothenic acid), riboflavin (vitamin B2), nicotinamide (niacin), cholecalciferol (vitamin D), anti-caking agent (magnesium salts of fatty acids), pyridoxal 5'-phosphate (vitamin B6), retinyl acetate (vitamin A), cupric citrate, phylloquinone (vitamin K), sodium molybdate, (6S)- 5 methyltetrahydrofolic acid - glucosamine salt (folic acid), chromium picolinate, potassium iodide and methylcobalamin (vitamin B12).

Storage conditions: Store in a cool, dry place.





Ingredients	3 capsules	% NRV*
Choline bitartrate	300.00 mg	
- Of which: Choline	121.0 mg	
L-Leucine	150.00 mg	
Vitamin C	150.00 mg	187.50 %
Calcium	120.00 mg	15.00 %
Coenzyme Q10	112.50 mg	
Magnesium	75.00 mg	20.00 %
Vitamin E	75.00 mg α-TE	625.00 %
Inositol	75.00 mg	
Zinc	15.00 mg	150.00 %
Iron	15.00 mg	107.14 %
Vitamin B1	15.00 mg	1,363.63 %
Vitamin B2	15.00 mg	1,071.43 %
Niacin	15.00 mg NE	93.75 %
Pantothenic acid	15.00 mg	250.00 %
Vitamin B6	6.00 mg	428.57 %
Manganese	4.50 mg	225.00 %
Boron	3.00 mg	
Copper	0.31 mg	31.00 %
Vitamin A	750.00 µg RE	93.75 %
Folic acid	162.00 µg	81.00 %
Iodine	114.67 µg	76.00 %
Vitamin K	75.00 µg	100.00 %
Selenium	37.50 µg	68.18 %
Vitamin D	37.50 µg	750.00 %
Chromium	30.00 µg	75.00 %
Vitamin B12	29.40 µg	1,176.00 %
Molybdenum	15.60 µg	31.20 %

*NRV: Nutrient Reference Value for vitamins and minerals.

Warnings: Do not exceed the expressly recommended daily dose. Food supplements should not be used as a substitute for a balanced diet. Keep out of reach of young children.

Properties and possible applications:

Vitamin B1, B2, B6, niacin, biotin and vitamin B12 contribute to normal energy metabolism and normal functioning of the nervous system.

Vitamin B2, niacin and biotin contribute to the maintenance of normal skin and mucous membranes.

Vitamin B6, B12, choline and folates contribute to normal homocysteine metabolism.

Vitamin B1, B6, B12, niacin, biotin and folates contribute to normal psychological function.

Vitamin B6 and B12 contribute to normal red blood cell formation and normal functioning of the immune system.

Vitamin B2, B6, B12, niacin, pantothenic acid and folates help to reduce tiredness and fatigue.

Vitamin C contributes to the normal functioning of the immune system during and after intense physical exercise, to the normal formation of collagen for the normal functioning of blood vessels, bones, cartilage, gums, skin and teeth, to normal energy



metabolism, to the normal functioning of the nervous system, to normal psychological function, to the normal functioning of the immune system, to the protection of cells against oxidative damage, helps to reduce tiredness and fatigue, helps to regenerate the reduced form of vitamin E and to the improvement of iron absorption.

Vitamin K contributes to normal blood clotting and to the maintenance of normal bones.

Vitamin A contributes to normal iron metabolism, to the maintenance of normal vision, skin and mucous membranes, to the normal functioning of the immune system and to the process of cell differentiation.

Vitamin D contributes to the normal absorption and utilization of calcium and phosphorus, to the maintenance of normal blood calcium levels, to the maintenance of normal bones and teeth, to the normal functioning of muscles and the immune system, and to the process of cell division.

Vitamin E contributes to the protection of cells against oxidative damage.

Magnesium helps to reduce tiredness and fatigue, to normal protein synthesis and cell division process; it contributes to the normal functioning of muscles and nervous system, to energy metabolism, to electrolyte balance, to maintain a good psychological function and to the maintenance of bones and teeth in normal conditions.

Iron contributes to normal energy metabolism, normal cognitive function, normal functioning of the immune system, helps reduce tiredness and fatigue and contributes to the process of cell division.

Zinc contributes to the maintenance of normal bones, to the normal functioning of the immune system, to the protection of cells against oxidative damage and to the process of cell division.

Copper contributes to the maintenance of normal connective tissue, normal energy metabolism, normal functioning of the nervous system, normal functioning of the immune system and protection of cells against oxidative damage.

Selenium contributes to the normal functioning of the immune system and to the protection of cells against oxidative damage.

Manganese contributes to normal energy metabolism, to the maintenance of normal bones, to the normal formation of connective tissue and to the protection of cells against oxidative damage.

Calcium is necessary for the maintenance of normal bones and teeth and for normal bone growth and development in children. It contributes to the normal functioning of muscles, neurotransmitters and digestive enzymes, normal blood clotting and normal energy metabolism.

Iodine contributes to normal thyroid hormone production and normal thyroid function, normal functioning of the nervous system, normal energy metabolism, maintenance of normal skin condition, normal cognitive function and normal growth in children.