

ALL DAY ENERGY

Vitamins + Minerals + Antioxidants

With 12 vitamins plus 9 minerals and antioxidants from Green Tea

Improves endurance and ensures all daily intake needs

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THE BENEFITS of taking All Day Energy:

In addition to a substantial supply of vitamins and minerals, there is an equal amount of essential nutrients. These kinds of supplements become fundamental for performance, as athletes burn far more calories than the average person on a daily basis. The body's level of consumption grows as effort is incremented. Perspiration, for example, accelerates the body's release of minerals. The physical effort put forth amplifies the body's need to replenish the vitamins expended. Furthermore, All Day Energy adds an important antioxidant protection, due to the concentration of Vitamin A, C, E, the mineral selenium, and EGCG, found in green tea. These nutrients act as potent antioxidants, but what is the function of these antioxidants? To put it simply, they act to prevent the development of 'free radicals' (dangerous, naturally occurring chemicals, believed to play a role in many serious illnesses) that can form during an intense workout. These kinds of damages become painful and lead to aching and swelling of the muscles. Besides harming the glycogen recovery, the damages can also be detrimental to the DNA, reduce aerobic capacity, and therefore, diminish the body's level of performance.

- **Minerals** are involved in various regulatory functions and they help to build many different tissue structures: they construct the bones and the teeth, control bodily fluids, form enzymes and hormones associated with the metabolism, and some are antioxidants.

- **Vitamins** are essential to maintaining good health, so a deficiency will undoubtedly lead to health problems. Additionally, they affect the metabolism and, as mentioned before, some are potent antioxidants (A, C, and E).

With this in mind, All Day Energy ensures sufficient energy reserves throughout the course of the day and prevents any deficiencies in critical vitamins and minerals, along with maintaining an adequate level of nutrition.

Ingredients: Magnesium Hydroxide, Maltodextrin, Gelatin, Inulin, Green Tea Extract, Vitamin C (L-Ascorbic Acid), Iron Diphosphate, Vitamin E (D-Alpha Tocopheryl Acetate), Niacin (Nicotinamide), Zinc Oxide, Pantothenic Acid (Calcium D-Pantothenate), Anti caking: Silicon Dioxide, Magnesium Salts of Fatty Acids; Colours: E171, E104, E172; Manganese Sulphate, Vitamin B1 (Thiamine Mononitrate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B2 (Riboflavin), Vitamin A (Retinyl Acetate), Folic Acid (Pteroylmonoglutamic Acid), Potassium Iodide, Sodium Selenite, Biotin (D-Biotin), Vitamin D (Cholecalciferol), Vitamin B12 (Cyanocobalamin).

DIRECTIONS FOR USE: Take 2 capsules per day.

PRESENTATION: 90 capsules - 45 servings



	per 2 capsules
Vitamin A	800 µg (100%*)
Vitamin D	5 µg (100%*)
Vitamin E	10 mg (83%*)
Ascorbic Acid	64 mg (80%*)
Thiamin	1,2 mg (109%*)
Riboflavin	1,5 mg (107%*)
Niacin	17 mg (106%*)
Vitamin B6	1,2 mg (86%*)
Folic Acid	200 µg (100%*)
Vitamin B12	1,1 µg (44%*)
Biotin	60 µg (120%*)
Pantothenic Acid	6,4 mg (107%*)
Magnesium	258 mg (69%*)
Iron	12,6 mg (90%*)
Zinc	10 mg (100%*)
Manganese	0,72 mg (36%*)
Selenium	36,2 µg (66%*)
Iodine	150 µg (100%*)
Green Tea Extract	160 mg
- of which EGCG (Epigallocatechin Gallate)	25 mg
- of which caffeine	12,8 mg

* % NRV = Percentage of Daily Reference Intakes for Adults