

VABO 

FIERCE

**Excerpt from the
different operating
modes of
VABO-N Fierce**



According to the Health Claims
Regulation of the EFSA



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01 GENERAL WELL-BEING

- ✔ Contributes to the normal function of the **immune system** _____ “Vitamin A, Vitamin C, Vitamin B6, B12, Vitamin D, Folate, Zinc, Selenium
- ✔ Contributes to the normal function of the **heart** _____ Vitamin B1
- ✔ Contributes to the maintenance of normal **liver** function _____ Choline
- ✔ Contributes to the normal **thyroid** function _____ Selenium
- ✔ Contributes to the maintenance of normal **vision** _____ Vitamin A, Vitamin B2, Zinc
- ✔ Contributes to the maintenance of normal **mucous membranes** _____ Vitamin A, Vitamin B2, Niacin, Biotin

02 MENTAL WELLBEING

- ✔ Contributes to the reduction of **tiredness** and **fatigue** _____ Vitamin C, Vitamin B2, B6, B12, Niacin, Pantothenic Acid, Folate, Magnesium
- ✔ Contributes to normal functioning of the **nervous system** _____ Vitamin C, Vitamin B1, B2, B12, Niacin, Biotin, Magnesium
- ✔ Contributes to normal **mental performance** _____ Pantothenic Acid
- ✔ Contributes to normal **psychological function** _____ Vitamin C, Vitamin B1, B6, B12, Niacin, Biotin, Folate, Magnesium
- ✔ Contributes to normal **cognitive function** _____ Zinc



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03 METABOLIC HEALTH

- ✔ Contributes to normal **energy-yielding** metabolism _____ Vitamin C, Vitamin B1, B2, B6, B12, Niacin, Pantothenic Acid, Biotin, Magnesium
- ✔ Contributes to normal **homocysteine** metabolism _____ Vitamin B6, B12, Folate, Choline
- ✔ Contributes to normal **macronutrient** metabolism _____ Biotin, Zinc
- ✔ Contributes to normal **carbohydrate** metabolism _____ Zinc
- ✔ Contributes to normal **iron** metabolism _____ Vitamin A, Vitamin B2
- ✔ Increases **iron absorption** _____ Vitamin C
- ✔ Contributes to normal metabolism of **vitamin A** _____ Zinc
- ✔ Contributes to normal **absorption/utilisation** of **calcium** and **phosphorus** and to normal **blood calcium levels** _____ Vitamin D
- ✔ Contributes to normal **protein** and **glycogen** metabolism _____ Vitamin B6
- ✔ Contributes to normal **protein** synthesis _____ Zinc, Magnesium
- ✔ Contributes to normal synthesis and metabolism of **steroid hormones**, **vitamin D** and some **neurotransmitters** _____ Pantothenic Acid
- ✔ Contributes to normal **amino acid synthesis** _____ Folate
- ✔ Contributes to normal **acidbase** metabolism _____ Zinc
- ✔ Contributes to normal metabolism of **fatty acids** _____ Zinc
- ✔ Contributes to normal **blood formation** _____ Folate
- ✔ Contributes to the maintenance of **normal red blood cells** _____ Vitamin B2, B6, B12



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04 ANTI-AGING FACTOR

- ✔ Contributes to the protection of cells from **oxidative stress** _____ Vitamin C, Vitamin E, Vitamin B2, Zinc, Selenium
- ✔ Contributes to the maintenance of normal **bones** _____ Vitamin D, Zinc, Magnesium
- ✔ Has a role in the process of **cell division** _____ Vitamin D, Vitamin B12, Folate, Zinc, Magnesium
- ✔ Has a role in the process of **cell specialisation** _____ Vitamin A

05 BEAUTY HELPER

- ✔ Contributes to the maintenance of normal **teeth** _____ Vitamin D, Magnesium
- ✔ Contributes to the maintenance of normal **skin** _____ Vitamin A , Vitamin B2, Niacin, Biotin, Zinc
- ✔ Contributes to the maintenance of normal **hair** _____ Biotin, Zinc, Selenium
- ✔ Contributes to the maintenance of normal **nails** _____ Zinc, Selenium
- ✔ contributes to normal **collagen formation** for the normal function of **blood vessels, bones, cartilage, gums, skin and teeth** _____ Vitamin C



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06 SPORT SUPPORT

- ✔ Contributes to the maintenance of normal **muscle** function _____ Vitamin D, Magnesium
- ✔ Contributes to maintain the normal function of the **immune system** during and after intense physical exercise _____ Vitamin C
- ✔ Contributes to **electrolyte** balance _____ Magnesium

07 SEXUAL HEALTH

- ✔ Contributes to maternal **tissue growth** during **pregnancy** _____ Folate
- ✔ Contributes to the regulation of **hormonal activity** _____ Vitamin B6
- ✔ Contributes to the maintenance of normal **testosterone levels** in the blood _____ Zinc
- ✔ Contributes to normal **spermatogenesis** _____ Selenium
- ✔ Contributes to normal **fertility** and **reproduction** _____ Zinc

