

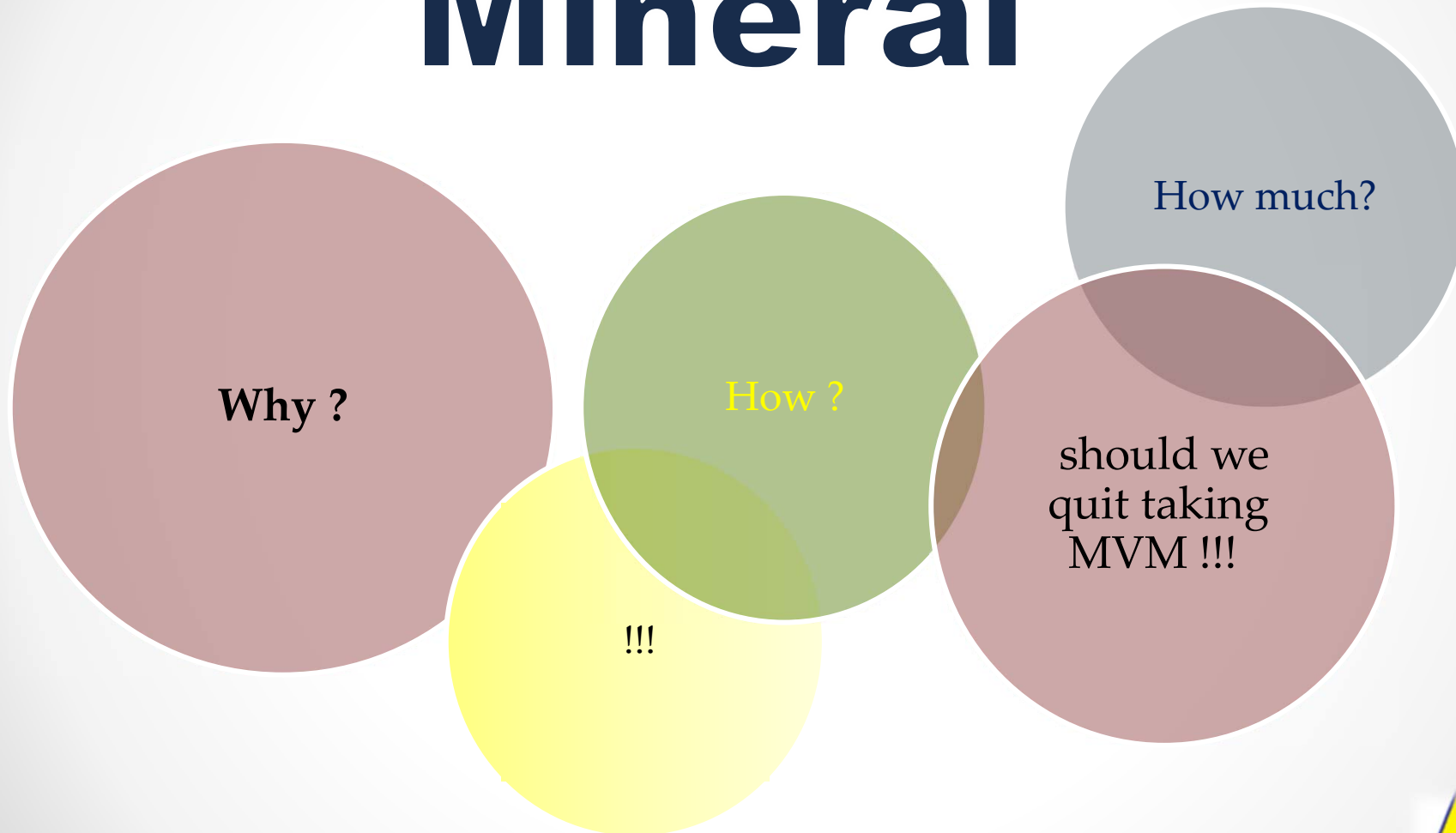
ALPHA

For a Healthier Tomorrow



www.alpha-syria.com

Multivitamis/ Mineral



vitamins

- are vital micronutrients
- is through our diet.
- as water-soluble or fat-soluble.
- such as vision, bone health, immune function, and coagulation.



- Why may *healthy individuals* really take MVM supplements?

- ❖ Prevention of Viral and bacterial infections .
- ❖ To prevent many chronic / cardiovascular disease.
- ❖ Mortality reduction.



- How much is too much MVM !!
- "Many people are taking high-dose supplements on their own and their doctors may not even be aware of it,"



Vitamins	Recommended daily intake	Over dosage (mg or µg/d)
Vitamin C (ascorbic acid)	75 mg	it can have pro-oxidant effects and can cause damage by stimulating lipid peroxidation
Vitamin D (cholecalciferol)	800 IU	Large doses (>50 µg) obtained from food can cause eating problems and ultimately disorientation, coma and death
Iron	8-18 mg	stomach upset, constipation and blackened stools Liver necrosis. Gastric perforation
zinc	10- 15 mg	anaemia and copper deficiency
Folic acid	400- 800 µg	lead to permanent nerve damage if left untreated

• Our everyday dose of MVM !

Fergon B12

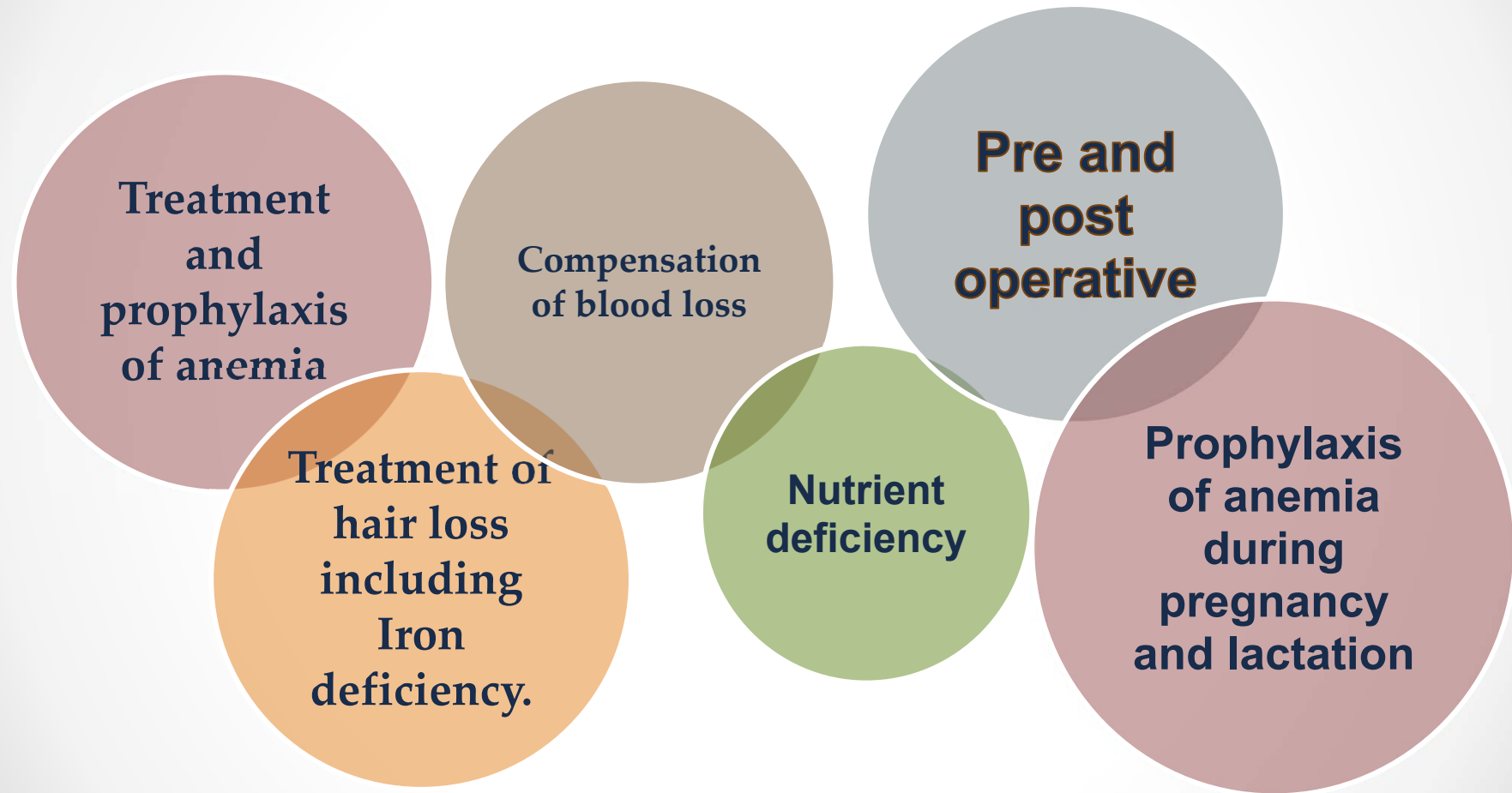
Perfect Bone



The role of
FERGON B12
in prevention and
control of anemia



Fergon B12



Fergon B12



One capsule daily with or immediately after your meal



Not to be chewed



Swallow with water or cold drink NOT tea or coffee.



Capsules should be taking on a full stomach only





Perfect Bone

For Bone Health



Perfect Bone



(as D3 200 I.U.) 5 mcg

Calcium 400 mg

Magnesium 150 mg

Zinc 5mg



Perfect Bone



**To prevent osteoporosis
and fractures.**

Getting enough calcium

**Contribute to the
maintenance of normal
muscle function**



If you're taking a supplement, stick to one that's
no more than the daily value,"

Fergon B12



Perfect Bone



ALPHA

For a Healthier Tomorrow



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