



The union  
of Vitamin B  
is a challenge  
of balance.



**B-APPORT PLUS:**  
the right amount of **Vitamin B**  
all **natural with great bioavailability.**

Quality, Efficacy, Guarantee.

Think Green. Live Green.



# Buckwheat: precious natural source of Vitamin B.

## Innovative process to concentrate group B Vitamins

- 1 The germination of buckwheat buds in water.
- 2 Activation of cellular biochemical processes.
- 3 Activation of the seeds revitalises the cells of plant species: this process gives the raw material one-of-a-kind nutritional features.
- 4 Group B Vitamins, naturally found in buckwheat, are made even more bio-available by binding to essential substances such as enzymes, co-enzymes, vitamin precursors and vitamins.
- 5 The result is the creation of a series of micro-nutrients metabolically more active, better tolerated by our body and equipped with a biological action longer lasting in time.

## Properties of group B Vitamins:

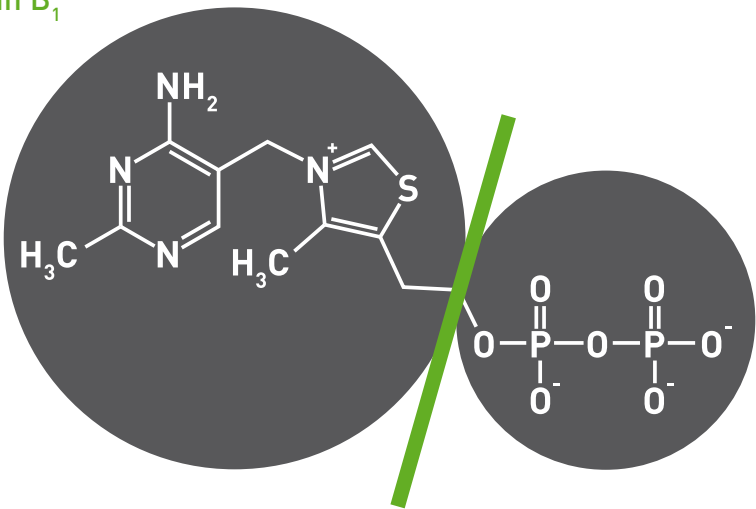
VITAMIN	PROPERTIES
B <sub>1</sub> Thiamine	<ul style="list-style-type: none"><li>• It helps the transformation of carbohydrates in energy;</li><li>• it helps the body use the energy itself;</li><li>• it performs a protective effect on the nervous systems and on the cardiovascular system.</li></ul>
B <sub>2</sub> Riboflavin	<ul style="list-style-type: none"><li>• Essential metabolic regulator;</li><li>• it has an important role in carrying oxygen to the cells and is involved in the processes of creating cellular and tissue energy;</li><li>• its lack may also give rise to a lack of iron side effect.</li></ul>
B <sub>3</sub> Niacin	<ul style="list-style-type: none"><li>• It takes part to numerous redox reactions, to the bio-synthesis of fatty and amino acids;</li><li>• useful in reducing cholesterol in the blood;</li><li>• prevents cardiovascular illnesses.</li></ul>
B <sub>5</sub> Pantothenic acid	<ul style="list-style-type: none"><li>• It is the precursor of co-enzyme A, which is essential for the metabolism of carbohydrates, of fatty and amino acids.</li></ul>
B <sub>6</sub> Pyridoxine	<ul style="list-style-type: none"><li>• Essential for the metabolism of nucleic acids and proteins;</li><li>• it supports the processes of more than 60 enzymes;</li><li>• stimulates the immune system;</li><li>• it gives energy and tone to the body;</li><li>• it fights against physical and intellectual tiredness.</li></ul>
B <sub>9</sub> Folic acid	<ul style="list-style-type: none"><li>• It is important for the proper development of red cells;</li><li>• its integration is highly recommended in the elder and in pregnancy (prevents fetal malformations) and for women who breastfeed;</li><li>• the insufficient integration of folic acids may give rise to the reduction of the DNA and RNA syntheses.</li></ul>
B <sub>12</sub> Cobalamin	<ul style="list-style-type: none"><li>• Its lack may cause disturbs in the nervous system;</li><li>• it carries out a primary role in the metabolism of nervous tissues;</li><li>• it helps in giving a sensation of vigour and vitality;</li><li>• useful in case of asthenia and fatigue;</li><li>• it is particularly necessary in the producing of red cells.</li></ul>

# The benefits of group B natural Vitamins.



- They lie within the phytocomplex related to enzymes, bio-precursors and other plant molecules that enhance the **efficacy**.
- They have a **longer lasting biological effect** and are **more tolerated** by our organism.
- Thanks to the action of enzymes, they **are released at the cellular and tissue level in a targeted manner**.
- The human body can **physiologically control excess quantities**.
- Being incorporated into an organic substrate, they are **less vulnerable** to all thermal variations.
- Considered “natural”, they do not have an irritating potential for the immune system and have positive effects on all metabolic functions, optimising the biochemical reactions.

Synthetic thiamine  
Vitamin B<sub>1</sub>



Thiamine Pyrophosphate = TPP  
= Natural Vitamin B<sub>1</sub>

# From the Erba Vita laboratories B-APPORT PLUS is born

specially formulated in accordance with the recommended daily allowance (RDA).




## CAPSULES

- It helps the maintenance of the regular energetic metabolism.
- It fights physical and mental stress in periods of increased workload.
- It provides balance to nutritional lacks in elder people.
- It provides for an appropriate supply of folic acids in women in the childbearing age or in women who wish to plan their pregnancy.

**Use:**  
2 capsules a day with a glass of water.

**Content:**  
40 capsules

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## SYRUP

- It helps the maintenance of the regular energy metabolism.
- It fights physical and mental stress in periods of intense study, great tiredness and fatigue.
- It provides balance to nutritional lacks.

**Use:**  
Children 4 to 6 years old: 15 ml per day.  
From 7 years and older: 20 ml per day.

**Content:**  
200 ml



B-APPORT PLUS is also useful for:

- people who have an **unbalanced diet**, who are on frequent **low calorie diet** or who are on an exclusively vegetarian diet;
- **youngsters in the developmental age**, for the increased demand;
- persons undergoing antibiotic therapy;
- convalescents.



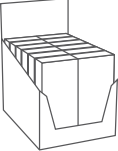


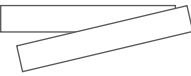





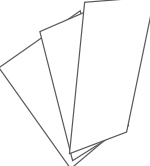

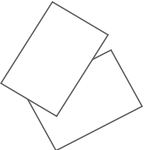

Quantities for recommended daily dose (2 capsules):		
Buckwheat ( <i>Fagopyrum esculentum Moench.</i> ) germinated buds, of which:	738 mg	-
Vitamin B <sub>1</sub> (thiamine)	1 mg	(90.9% RDA)
Vitamin B <sub>2</sub> (riboflavin)	1.5 mg	(107.1% RDA)
Vitamin B <sub>3</sub> (niacin)	15.5 mg	(96.8% RDA)
Vitamin B <sub>5</sub> (pantothenic acid)	5.8 mg	(96.6% RDA)
Vitamin B <sub>6</sub> (pyridoxine)	1 mg	(71.4% RDA)
Vitamin B <sub>9</sub> (folic acid)	197.5 mcg	(98.8% RDA)
Vitamin B <sub>12</sub> (cobalamin)	2.1 mcg	(84% RDA)

Quantities for recommended daily dose:	15 ml	LARN (4-6 anni)
Buckwheat ( <i>Fagopyrum esculentum Moench.</i> ) germinated buds, of which:	499.5 mg	-
Vitamin B <sub>1</sub> (thiamine)	0.7 mg (63.6% RDA)	100%
Vitamin B <sub>2</sub> (riboflavin)	1 mg (71.4% RDA)	100%
Vitamin B <sub>3</sub> (niacin)	10.5 mg (65.6% RDA)	95.5%
Vitamin B <sub>5</sub> (pantothenic acid)	4 mg (66.7% RDA)	-
Vitamin B <sub>6</sub> (pyridoxine)	0.7 mg (50% RDA)	77.8%
Vitamin B <sub>9</sub> (folic acid)	137 mcg (68.5% RDA)	105.4%
Vitamin B <sub>12</sub> (cobalamin)	1.4 mcg (56% RDA)	140%

Quantities for recommended daily dose:	20 ml	RDA
Buckwheat ( <i>Fagopyrum esculentum Moench.</i> ) germinated buds, of which:	666 mg	-
Vitamin B <sub>1</sub> (thiamine)	0.9 mg	81.8%
Vitamin B <sub>2</sub> (riboflavin)	1.4 mg	100%
Vitamin B <sub>3</sub> (niacin)	14 mg	87.5%
Vitamin B <sub>5</sub> (pantothenic acid)	5.3 mg	88.3%
Vitamin B <sub>6</sub> (pyridoxine)	0.9 mg	64.3%
Vitamin B <sub>9</sub> (folic acid)	182.5 mcg	91.3%
Vitamin B <sub>12</sub> (cobalamin)	1.9 mcg	76%

Merchandising

For each product

	 Syrup	 Capsules
 DISPLAY BOX		
 REGLETTE		
 WINDOW POSTERS 60x90		
 WINDOW POSTERS 120x90 (while stocks last)		
 LEAFLET		
 SINGLE-DOSE SAMPLES		





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