

# Tionik

## 600 RETARD

30 PROLONGED-RELEASE COATED TABLETS

Lipoic acid, also known as thioctic acid or alpha-lipoic acid, is a vital component of the energy production process and a great antioxidant; Its importance is linked to many health conditions and can also help accelerate the therapeutic capabilities of vitamins C and E, as well as glutathione, which is an element involved in healing processes. The role of alpha-lipoic acid lies in its antioxidant activity that can interfere with oxidative reactions and reduce oxidized forms resulting from other factors. Among its features it is interesting to note that alpha-lipoic acid is soluble in both water and fat, which makes it unique among antioxidants. Numerous clinical trials have demonstrated the efficacy of alpha-lipoic acid in improving peripheral nervous system signaling parameters involved in neuropathy, increasing nervous function. Other studies have shown efficacy in patients with peripheral neuropathies, in which they significantly improved the painful symptomatology.

TIONIK 600 RETARD is a dietary supplement in prolonged-release coated tablets based on Alpha Lipoic Acid and Vitamins, useful in case of deficiencies or increased requirements of such nutrients in the diet.

### **Vitamin PP (Niacin)**

It contributes to reducing tiredness and fatigue.

### **Vitamin B5 (Pantothenic Acid)**

It is useful for the synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters.

It promotes normal mental performance.

### **Vitamin B6**

It supports the metabolism of proteins and glycogen.

It contributes to the normal formation of red blood cells.

### **Vitamin B12**

It is useful to the normal functions of the immune system.

It's involved in the cell division process.

### **Vitamin B2**

It promotes the maintenance of normal visual capability.

It supports normal iron metabolism.

It is useful for protecting cells from oxidative stress.

### **Vitamin B1**

It contributes to normal cardiac function.

### **Folic Acid**

It supports normal hemopoiesis.

## **Biotin, Vitamin B1, Vitamin PP (Niacin), Vitamin B6 and Vitamin B12**

They contribute to the normal function of the nervous system and to the normal psychological function.

### **MODE OF USE:**

It is recommended the daily intake of 1 tablet.

### **STORAGE RECOMMENDATIONS:**

The product contains heat-sensitive ingredients: it's therefore recommended to avoid exposure to heat shocks and to keep it at a temperature between 4 °C and 18 °C, in a dry place (RH < 50%). Avoid direct exposure to heat sources and sunlight. Do not store in humid places, such as kitchens or bathrooms. The expiration date refers to the product properly stored in the unaltered package. Store the product in its original packaging. Do not store the product near hazardous substances such as ammonia, petrol, acetone, easily evaporating or flammable substances.

### **WARNINGS:**

Keep out of the reach of children under 3 years, to avoid accidental intake of the product. Do not exceed the recommended daily dose. Food supplements should not be considered as substitutes for a varied and balanced diet, and a healthy lifestyle. Do not use the product if the packaging is damaged. It is not recommended to use in cases of hypersensitivity to one or more of the ingredients reported. Given the nature of the ingredients contained, the product may look different from lot to lot: this does not affect the quality of the product. If you are being treated with hypoglycaemic drugs, consult your doctor before using the product.

Prodotto incluso nel Registro degli integratori del Ministero della Salute, codice 83366.

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