

Sugar Table



Optimal-Set



Vegetables + Fruits*

Vitamins and Minerals

Vitamin B1	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin B2	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin B6	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin B12	<input type="checkbox"/>	
Vitamin C	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin D (Vitamin D3)	<input type="checkbox"/>	
Vitamin E	<input type="checkbox"/>	<input type="checkbox"/>
Beta-Carotene (Provitamin A)	<input type="checkbox"/>	<input type="checkbox"/>
Biotin	<input type="checkbox"/>	<input type="checkbox"/>
Folic Acid	<input type="checkbox"/>	<input type="checkbox"/>
Niacin	<input type="checkbox"/>	<input type="checkbox"/>
Pantothenic Acid	<input type="checkbox"/>	<input type="checkbox"/>
Calcium	<input type="checkbox"/>	<input type="checkbox"/>
Chromium	<input type="checkbox"/>	<input type="checkbox"/>
Iron	<input type="checkbox"/>	<input type="checkbox"/>
Copper	<input type="checkbox"/>	<input type="checkbox"/>
Magnesium	<input type="checkbox"/>	<input type="checkbox"/>
Manganese	<input type="checkbox"/>	<input type="checkbox"/>
Selenium	<input type="checkbox"/>	<input type="checkbox"/>
Zinc	<input type="checkbox"/>	<input type="checkbox"/>

* 3 portions of vegetables - broccolli, tomatos, pepper (3x125g) and 4 portions of fruits - apple, banana, orange, grapes (4x125g)

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Sugar/Fructose in the FitLine Optimal-Set

The World Health Organisation recommends individuals to consume a minimum of 400 g of fruits and vegetables per day (5-7 portions) for a healthy diet. They also recommend that the intake of added sugar should be approximately 10 % of an individual's daily calories - the equivalent of 12 "level" teaspoons for the average adult*.



Optimal-Set



3 portions Vegetables
+ 4 portions Fruits

Sugar	10,5 g	93,4 g
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The Optimal-Set represents 11% out of 93,4 g of sugar/fructose.

More importantly, the Optimum Set provides you with important nutrients, like vitamins, antioxidants, extracts of plants (like carotenoids and flavonoids), OPC, green tea extract, a 40 times higher bioavailable curcuma, probiotic bacteria and dietary fibers.

*one level teaspoon equates to around 4g