

XTEND



Xtend is the most advanced supplement available today. It starts with a full range of 23 vitamins, trace elements, adds the key phytonutrients* and tops them off with Wellmune, a purified 1,3/1,6 beta glucan derived from Baker's yeast.

* Phytonutrients are natural chemicals/nutrients produced by plants.

- ▶ **Enjoy more energy¹**
- ▶ **Improve your bone and joint function²**
- ▶ **Boost your immune system³**
- ▶ **Sourced from natural ingredients**
- ▶ **145 approved health benefits (European Food Safety Authority, EFSA)**
- ▶ **Provides a comprehensive program of nutritional factors needed for tissue growth and repair⁴**

ENJOY MORE ENERGY¹

The B vitamins (B1-B12) and also a number of minerals in Xtend such as copper, magnesium, iodine and manganese have health claims stating that they are important for a normal energy-yielding metabolism.

IMPROVE YOUR BONE AND JOINT FUNCTION²

Xtend contains several vitamins and minerals with approved health claims related to bones and muscles. These are Vitamin D, C, K and magnesium, manganese and zinc.

BOOST YOUR IMMUNE SYSTEM³

Xtend contains 1,3/1,6 beta glucans. This nutrient, derived from the cell walls of a highly purified, proprietary strain of Baker's yeast, has been clinically proven to enhance the immune system*. Several of the compounds (for example folic acid, iron, b6, copper) also contribute to this crucial health benefit. (*documented in 13 clinical trials)

In addition to the vitamins and minerals in Xtend it also contains carotenoids, xanthophylls and a group of polyphenols from a basket of fruits, spices and vegetables. To get the same amount of all these nutrients from foods, you would have to eat more than 3000 calories of the most nutrient-dense foods every day.

All the ingredients in Xtend exert over a hundred health benefits confirmed by EFSA (the European Food Safety Authority). These affect every cell, organ and tissue⁴ in the body. Xtend is the perfect supplement to BalanceOil, providing you with a complete nutrient support program.

BOX CONTENT

Contains 60 tablets, total net weight 45 g.

RECOMMENDED DAILY DOSE: For adults and children over 12 years. Take with food. 2-4 tablets daily. Do not exceed daily dose.

NOTICE: Food supplements are not intended as a substitute for a balanced and varied diet. Accidental overdose of iron containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control immediately. Doctor should be consulted before pregnant women or children takes Xtend.

STORAGE: Store in a dark dry place at room temperature or in refrigerator.

Nutritional value and contents Per 4 tablets

Thiamin	2,2 mg	(200 %) *
Riboflavin	2,1 mg	(150 %) *
Niacin	16 mg	(100 %) *
Pantothenic acid	9 mg	(150 %) *
Vitamin B6	2,8 mg	(200 %) *
Biotin	150 µg	(300 %) *
Folic acid	200 µg	(100 %) *
Vitamin B12	6,75 µg	(270 %) *
Vitamin C	80 mg	(100 %) *
Vitamin D3	20 µg	(400) *
Vitamin E	12 mg	(100 %) *
Vitamin K1	25 µg	(113%) **
Vitamin K2	60 µg	
Magnesium	180 mg	(50 %) *
Iron	4,2 mg	(30 %) *
Zinc	10 mg	(100 %) *
Iodine	150 µg	(100 %) *
Copper	1 mg	(100 %) *
Manganese	2 mg	(100 %) *
Selenium	83 µg	(150 %) *
Chromium	80 µg	(200 %) *
Molybdenum	50 µg	(100 %) *
1,3 - 1,6 Beta-glucan (Wellmune™)	200 mg	
Curcumin	100 mg	
Coenzyme Q10	15 mg	
Lutein	6 mg	
Beta-carotene	0,9 mg	
Zeaxanthin	9 mg	
Tomato extract	40 mg	
- of which lycopene	4 mg	
Green tea extract	40 mg	
- of which polyphenols	12 mg	
Olive extract	500 mg	
- of which oleuropein	50 mg	
- Hydroxytyrosol	5 mg	
Broccoliekstrakt	50 mg	
Algae extract	200 mg	
- of which phlorotannins	8 mg	

* % of reference value, Direktiv 96/8/EC. ** % of the reference value for both vitamin K1 og K2

Ingredients : Bulking agents (beta cyclodextrin, microcrystalline cellulose, tricalcium phosphate), olive leaf extract (*Olea europea* fo-
lia), magnesium hydroxide, algae (*Ascophyllum nodosum*), 1,3-1,6
beta-glucans* (from *Saccharomyces cerevisiae*), turmeric root ex-
tract (*Curcuma longa*), Vitamin C, Broccoli extract (*Brassica olera-*
cea), zinc bisglycinate, Vitamin E - mixed tocopherols and tocotrien-
ols, green tea leaf extract (*Camellia sinensis*), tomato fruit extract
(*Solanom lycopersicum*), Iron bisglycinat, anti-caking agents (silicon
dioxide, magnesium salts of fatty acids, Polyvinylpyrrolidone), mari-
gold flower extract (*Tagetes erecta*), folic acid, Vitamin K2, sodium
selenate, niacinamide, Coenzyme Q10, sodium molybdenum, man-
ganese bisglycinate, micro-algae extract (*Dunaliella salina*), copper
bisglycinate, Pantothenic acid, Vitamin B12, Vitamin D3, chromium
chloride, Vitamin B6, thiamine hydrochloride, riboflavin, Vitamin K1,
potassium iodine, biotin. *Wellmune.

FREQUENTLY ASKED QUESTIONS

Why should I take Xtend? It compensates for the modern diet, which is depleted in most of the micro- and phyto-nutrients needs for optimal health.

Are there any adults who should not take Xtend? Xtend is intended for adults and children over 12 years of age. No other contraindications.

Xtend contains vitamin K. Is this a problem for people on blood thinning drugs? Vitamin K is a fat-soluble vitamin which the human body requires for complete synthesis of certain proteins. These proteins are needed for blood coagulation i.e. to stop bleeding, and therefore vitamin K is an essential nutrient for all humans.

However, there are some people who have an issue with the blood being too thick, who need to take a blood thinning medicine.

Since vitamin K helps the blood to clot, that is to make the blood thicker, it might decrease the effectiveness of medicine (e.g. warfarin) prescribed to make the blood thinner.

If you are taking a blood thinning medicine and supplements containing vitamin K, it is important to let your doctor know.

XTEND NUTRITION CLAIMS (EFSA)

¹Biotin contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF Biotin as listed in the Annex to Regulation (EC) No 1924/2006.

Copper contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF Copper as listed in the Annex to Regulation (EC) No 1924/2006.

Iodine contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF Iodine as listed in the Annex to Regulation (EC) No 1924/2006.

Iron contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF Iron as listed in the Annex to Regulation (EC) No 1924/2006.

Magnesium contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF Magnesium as listed in the Annex to Regulation (EC) No 1924/2006.

Manganese contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF Manganese as listed in the Annex to Regulation (EC) No 1924/2006.

Niacin contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF Niacin as listed in the Annex to Regulation (EC) No 1924/2006.

Pantothenic acid contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF Pantothenic acid as listed in the Annex to Regulation (EC) No 1924/2006.

Riboflavin contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF Riboflavin as listed in the Annex to Regulation (EC) No 1924/2006.

Thiamine contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF Thiamine as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin B12 contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF Vitamin B12 as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin B6 contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF Vitamin B6 as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin C contributes to normal energy-yielding metabolism. The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF Vitamin C as listed in the Annex to Regulation (EC) No 1924/2006.

²Magnesium contributes to the maintenance of normal bones. The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF Magnesium as listed in the Annex to Regulation (EC) No 1924/2006.

Manganese contributes to the maintenance of normal bones. The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF Manganese as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin C contributes to normal collagen formation for the normal function of bones. The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF Vitamin C as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin D contributes to the maintenance of normal bones. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF Vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin D is needed for normal growth and development of bone in children. The claim can be used only for food which is at least a source of Vitamin D as referred to in the claim SOURCE OF Vitamin D as listed in the Annex to Regulation 1924/2006.

Vitamin K contributes to the maintenance of normal bones. The claim may be used only for food which is at least a source of vitamin K as referred to in the claim SOURCE OF Vitamin K as listed in the Annex to Regulation (EC) No 1924/2006.

Zinc contributes to the maintenance of normal bones. The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF Zinc as listed in the Annex to Regulation (EC) No 1924/2006.

Magnesium contributes to normal muscle function. The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF Magnesium as listed in the Annex to Regulation (EC) No 1924/2006.

Vitamin D contributes to the maintenance of normal muscle function. The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF Vitamin D as listed in the Annex to Regulation (EC) No 1924/2006.

Zinc contributes to the maintenance of normal bones. The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF Zinc as listed in the Annex to Regulation (EC) No 1924/2006.

³Vitamin A contributes to the normal function of the immune system. The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF Vitamin A as listed in the Annex to Regulation (EC) No 1924/2006.

