

EFSA Health Claims

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EFSA* – List of the health benefits of vitamins and trace elements contained in DURAMENTAL® GLUTATHION 300mg PLUS

(*European Food Safety Authority)

Folate (Folic Acid)

- Folate contributes to normal psychological function
- Folate contributes to normal function of the immune system
- Folate helps reduce tiredness and fatigue
- Folate has a function in cell division

Manganese

- Manganese contributes to normal energy metabolism
- Manganese helps maintain normal bones
- Manganese contributes to normal connective tissue formation
- Manganese helps to protect the cells from oxidative stress

Selenium

- Selenium contributes to normal sperm formation
- Selenium helps maintain normal hair
- Selenium helps maintain normal nails
- Selenium contributes to normal function of the immune system
- Selenium contributes to normal thyroid function
- Selenium helps to protect the cells from oxidative stress

Vitamin B12

- Vitamin B12 contributes to normal energy metabolism
- Vitamin B12 contributes to normal function of the nervous system
- Vitamin B12 contributes to normal homocysteine metabolism

- Vitamin B12 contributes to normal psychological function
- Vitamin B12 contributes to normal formation of red blood cells
- Vitamin B12 contributes to normal function of the immune system
- Vitamin B12 helps reduce tiredness and fatigue
- Vitamin B12 has a function in cell division

Vitamin C

- Vitamin C contributes to normal function of the immune system during and after intense physical activity
- Vitamin C contributes to normal collagen formation for normal blood vessel function
- Vitamin C contributes to normal energy metabolism
- Vitamin C contributes to normal function of the nervous system
- Vitamin C contributes to normal psychological function
- Vitamin C contributes to normal function of the immune system
- Vitamin C helps to protect the cells from oxidative stress
- Vitamin C helps reduce tiredness and fatigue
- Vitamin C contributes to the regeneration of the reduced form of vitamin E
- Vitamin C increases iron intake

Vitamin E

- Vitamin E helps to protect the cells from oxidative stress

Zinc

- Zinc contributes to normal acid-base metabolism
 - Zinc contributes to normal carbohydrate metabolism
 - Zinc contributes to normal cognitive function
 - Zinc contributes to normal DNA synthesis
- Zinc contributes to normal fertility and normal reproduction
- Zinc contributes to normal metabolism of macronutrients

- Zinc contributes to normal fatty acid metabolism
- Zinc contributes to normal vitamin A metabolism
- Zinc contributes to normal protein synthesis
- Zinc helps maintain normal bones
- Zinc helps maintain normal hair
- Zinc helps maintain normal skin
- Zinc helps maintain a normal testosterone level in the blood
- Zinc helps maintain normal vision
- Zinc contributes to normal function of the immune system
- Zinc helps to protect the cells from oxidative stress
- Zinc has a function in cell division

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