



Nutrition

At Its Highest Peak

COZIM[®] TABLETS

For Severe Nutritional Deficiency

A Combination of



VITAMINS



ANTI-OXIDANTS



MINERALS

PROPERTIES

Boost Energy &
Immunity

Improves Physical &
Mental health

Improves Growth &
Vitality

DESCRIPTION

Cozim tablet is a blend of 22 essential nutrients to boost up immunity and energy levels. It comprises of multi-vitamins with important anti-oxidant properties and trace minerals for optimal cell functions. These all multi-vitamins and minerals help to play an important role in all bodily function, growth and development.

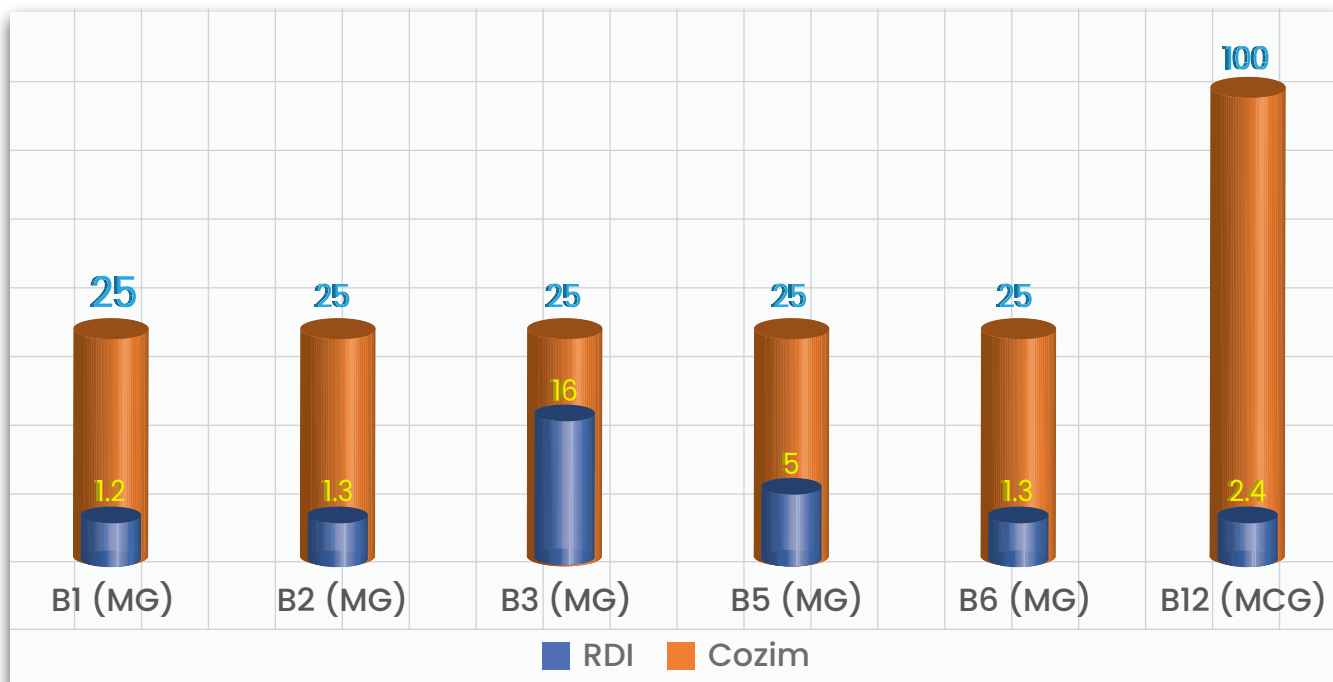
INDICATIONS

- General weakness and debility
- Weak immunity
- Nutritional deficiency
- Fatigue & tiredness
- Weak bones & joints
- Brittle hair and nails
- Poor night vision
- Bleeding gums
- Scaly patches & dandruff

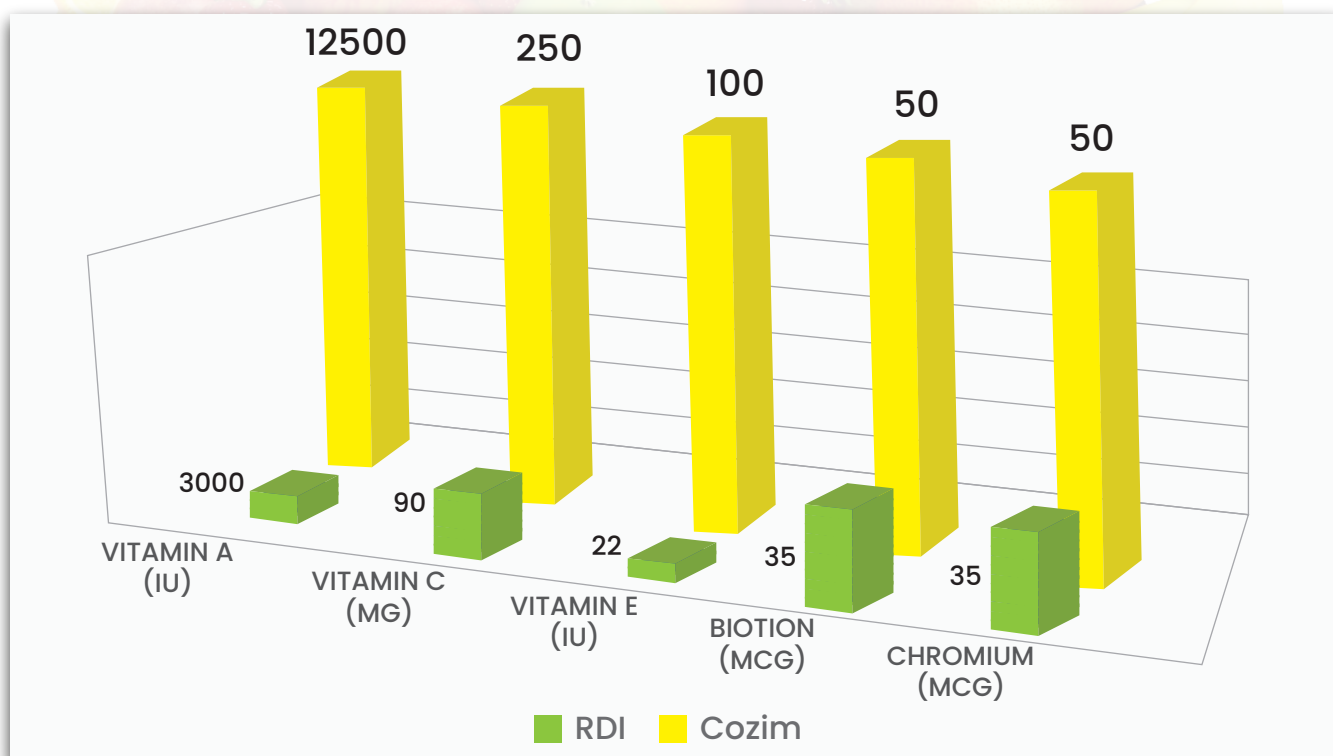
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Highest levels of B vitamins in Cozim tablet as compared to RDI values:



Comparison of fat soluble vitamins in Cozim tablet as compared to RDI values:



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ROLE OF MULTIVITAMINS AND MINERALS

Correct nutritional deficiencies

Taking a multivitamin helps to balance the nutritional deficiencies in people with poor diet or with any disorder.



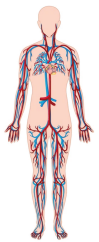
Boost Energy Levels

Several studies have demonstrated that taking a daily multivitamin and mineral supplement is associated with increased energy levels.



Detoxify the body

The robust levels of minerals, antioxidants, and B-complex vitamins present in a high-quality daily multivitamin helps clear toxins from the body, facilitating enzymatic reactions required for detoxification.



Improves the skin

Research has shown that Vitamin A, C and E are important for maintaining healthy, younger-looking skin. Biotin is also proven to improve skin, hair and nails



Supports brain health

Several studies have found that Vitamin D3, Vitamin B-complex, and Selenium may improve learning disabilities, memory and boost mental health



Supports healthy pregnancies

The pre-natal use of multivitamins ensures a healthy pregnancy and lowers the risk of certain birth defects.



Promotes growth and development

Multivitamins such as Calcium, Vitamin D3, Vitamin B-complex provide the nutrients important for the growth and development of children



Maintains Bone Health

Consumption of Vitamins and minerals like calcium, vitamin D, magnesium and phosphorus promotes bone health and reduces the risk of osteoporosis



Enhances Eye Health

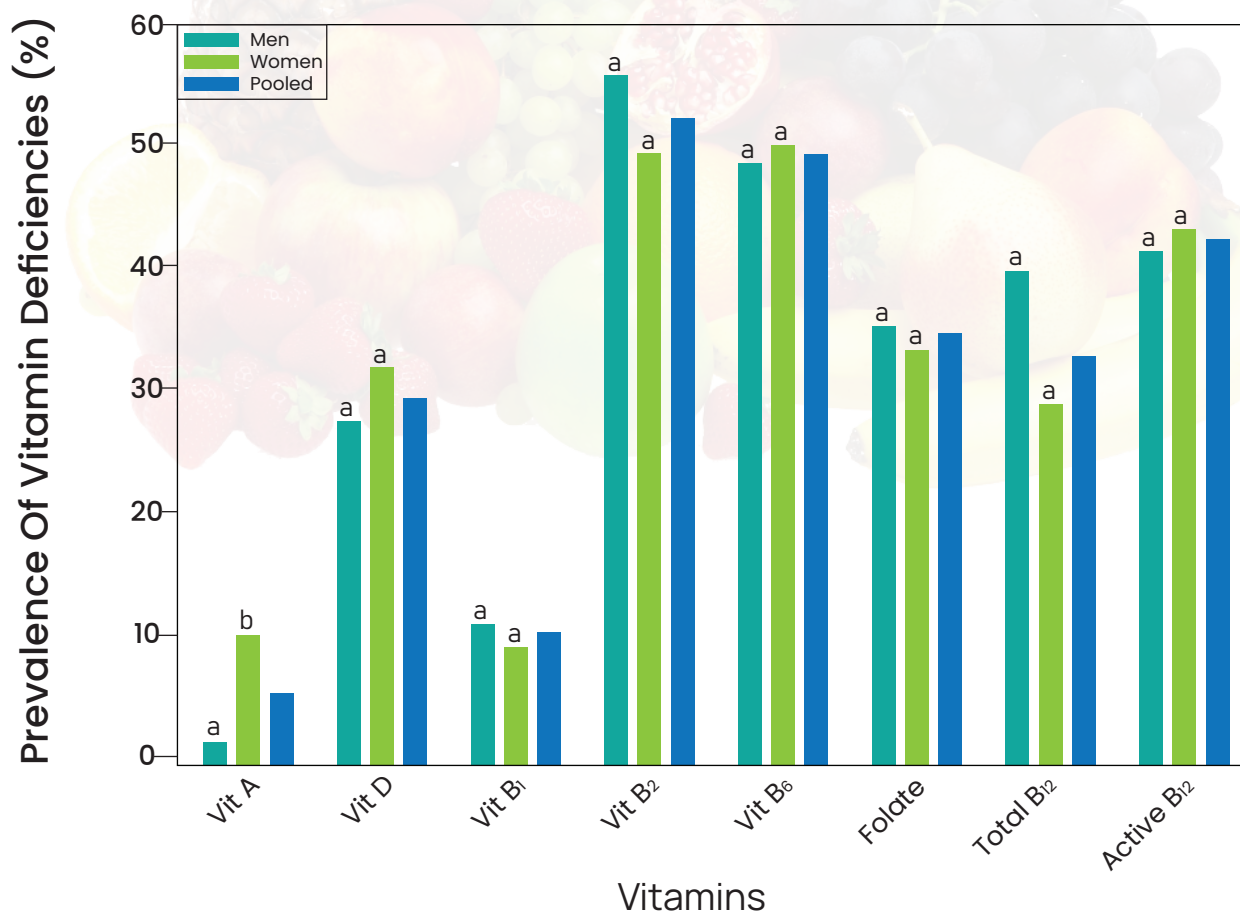
Recent studies have shown that taking a multivitamin (Vitamin A, E, C & B-complex) may help to improve eye health and prevents from muscular degeneration, cataract & night blindness



BENEFITS

- Improves skin and eye health.
- Acts as a powerful anti-oxidant and prevents from free radicals.
- Maintains strong bones and teeth.
- Promotes maximum calcium absorption.
- Helps to improve skin, nail and hair.
- Boosts RBCs production and prevents anemia.
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- Acts as an immunity and energy booster.
- Plays a key role in nerve, muscle and heart functions.
- Helps to support early pregnancies and fertility issues.

PREVALENCE OF VITAMIN DEFICIENCIES IN HEALTHY ADULTS:



Prevalence of vitamin deficiencies in apparently healthy adults. Pooled data represents the total number of samples (N=270). Data represents % deficiency and significant differences ($P < 0.05$) of mean values between the sexes are indicated by letters (a,b) above the bars.

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COMPOSITION

Each Tablet contains:

Retinol Acetate (BP).....12500IU
Ascorbic acid (BP).....250mg
Cholecalciferol (BP).....100 IU
Tocopherol (BP)100IU
Thiamine (BP).....25mg
Riboflavin (BP).....25mg
Niacin (BP).....25mg
Pyridoxine (BP).....25mg
Folate (BP)400mcg
Cyanocobalamin (BP).....100mcg
Biotin(BP).....50mcg

Pantothenic Acid (BP)..... 25mg
Calcium (BP)..... 50mg
Iodine (BP) 75mcg
Magnesium (BP)..... 50mg
Zinc (BP)..... 7.5mg
Selenium (BP)..... 25mcg
Copper (BP):..... 0.25mg
Manganese (BP)..... 2.5mg
Chromium (BP): 50mcg
Molybdenum (BP)..... 25mcg
Potassium (BP)..... 12.5mg

Cozim tablet
is Once a day
dose

Blend of 22
essential
nutrients with
biotin

Improves
mental and
physical
performance

Powerful
antioxidant
formula with
immune
booster
vitamins &
minerals

Provides
greater effica-
cy with effec-
tive results

Free from
gluten and
artificial
flavors

DOSAGE

1 tablet daily preferably with meal or as directed by the physician.

PRESENTATION

Available in 3 x 10s Alu-Alu blister pack

REFERENCES

<https://www.webmd.com/drugs/2/drug-322/ascorbic-acid-vitamin-c-oral/details>
<https://medlineplus.gov/druginfo/meds/a682586.html>
<https://www.nhs.uk/medicines/folic-acid>
<https://www.rxlist.com/biotin/supplements.htm#>
<https://www.khojdeal.com/deals/best-multivitamin-tablets/>

