

# A BALANCED FORMULA



120 ml Syrup  
30 Tablets

# Vista-max<sup>TM</sup>

SYRUP & TABLET

With Folic acid, Inositol, Vitamin D3 and Vitamin C  
Expert nutritional care for overall health



## PROPERTIES:

- A super booster for the immune system.
- Advanced multivitamin syrup with inositol and choline.
- Acts as a powerful antioxidant.
- Provides extra care to skin and nails.
- A powerpack for all types of vitamin and mineral deficiencies.

## DESCRIPTION:

- Vistamax syrup and tablet is an essential syrup for human health as it contains all the important nutrients for growth and maintenance and overall health of the body. It keeps the body strong and provides antioxidants to prevent damage from free radicals. This syrup may also promote female fertility as it contains inositol which helps to improve overall female reproductive health. It also improves hair and nails due to biotin.

## INDICATIONS:

General weakness  
and debility

Weak immunity

Nutritional deficiencies

Malabsorption

Fatigue & tiredness

Memory problems

Insulin resistance

hair and nails problem

Infertility problems

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## ROLE OF INGREDIENTS:

### Vitamin A Palmitate:

It helps to support and maintain optimum eye health, immune system health, and reproductive health. It has a higher bioavailability compared to carotenoids.

### Vitamin C or Ascorbic acid:

It plays a role in controlling infections and healing wounds, and is a powerful antioxidant that can neutralize harmful free radicals. It is also needed to make collagen.

### Vitamin D3:

It helps in the absorption of calcium and phosphorous. This is perhaps one of the most vital functions that Vitamin D3 performs. Almost 99% of the Vitamin D supply is used for regulating the calcium in the body; the remaining part is utilized for strengthening the immune system and maintaining muscle.

### Vitamin E:

It acts as an antioxidant and also improves fertility in men and women. It also enhances immune function and prevents clots from forming in the heart.

### Vitamin B1 or Thiamine:

It helps prevent complications in the nervous system, brain, muscles, heart, stomach, and intestines. It is also involved in the flow of electrolytes into and out of muscle and nerve cells.

### Riboflavin:

It is a vitamin that is needed for growth and overall good health. It helps the body break down carbohydrates, proteins and fats to produce energy, and it allows oxygen to be used by the body.

### Niacin, or vitamin B3:

Niacin works in the body as a coenzyme. Niacin helps to convert nutrients into energy, create cholesterol and fats, create and repair DNA, and exert antioxidant effects.

### Vitamin B6:

It helps to support immune system function, brain development during pregnancy and infancy creating neurotransmitters, including serotonin and dopamine creating hemoglobin, which is the part of red blood cells that carries oxygen.

### Folic acid:

It is the synthetic form of folate, which is a naturally occurring B vitamin. Folate helps make DNA and other genetic material. It is especially important in prenatal health.

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## Vitamin B12:

It is crucial to the normal function of the brain and the nervous system. It is also involved in the formation of red blood cells and helps to create and regulate DNA. Vitamin B12 enables the release of energy by helping the human body absorb folic acid.

## Biotin:

It is a water-soluble vitamin that's a part of the vitamin B family. It's also known as vitamin H. Your body needs biotin to help convert certain nutrients into energy. It also plays an important role in the health of your hair, skin, and nails.

## Vitamin B5:

Vitamin B5 is also important in maintaining a healthy digestive tract, and it helps the body use other vitamins, particularly B2 (also called riboflavin). It is sometimes called the "anti-stress" vitamin.

## Calcium:

It helps in building bones and keeping them healthy, calcium enables the blood to clot, muscles to contract, and heart to beat. About 99% of the calcium in our bodies is in our bones and teeth.

## Iodine:

It is a key component of thyroid hormones, which are required throughout life for normal growth, neurological development, and metabolism.

## Magnesium:

It is an important mineral, playing a role in over 300 enzyme reactions in the human body. Its many functions include helping with muscle and nerve function, regulating blood pressure, and supporting the immune system.

## BENEFITS:

- Boosts immune system.
- Supports ovarian function.
- Improves pcos symptoms in women.
- Reduces fatigue and tiredness.
- Helps prevent PMS symptoms.
- Acts as a powerful antioxidant.
- Helps to maintain healthy bones and teeth.
- Promotes maximum absorption of calcium.
- Improves memory due to choline.
- May also help in pregnancy and breastfeed
- Improves hair and nails due to biotin.

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COSMO PHARMA

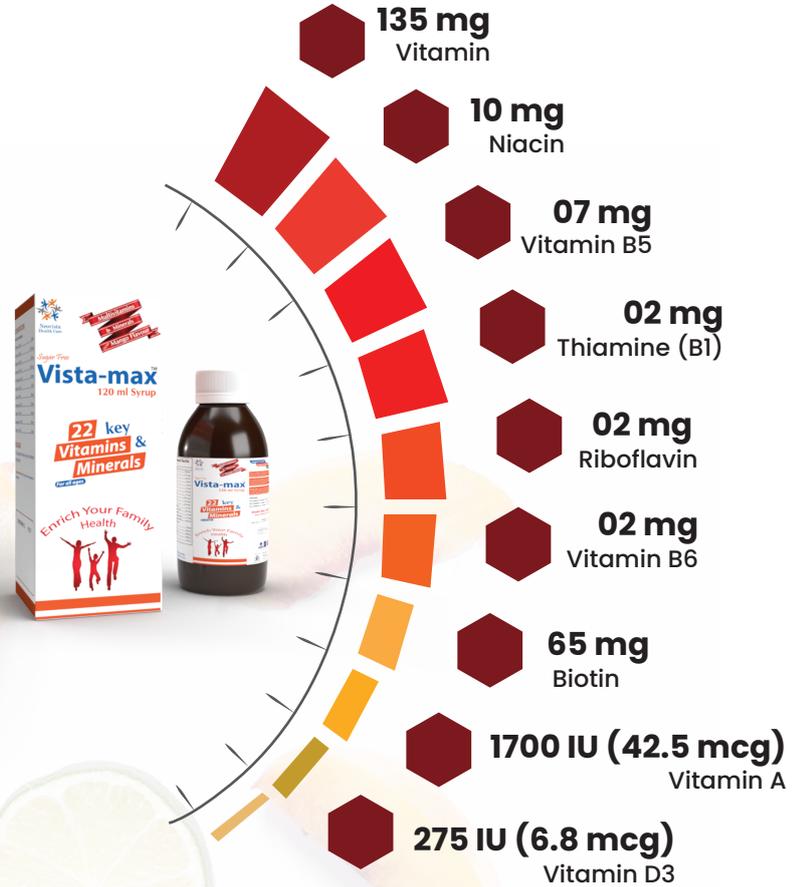
## MINERALS:

(FROM HIGHER TO LOWER)



## VITAMINS:

(FROM HIGHER TO LOWER)



Maximum  
potency

GMP high  
quality

Experts  
Formulation

NO  
Artificial  
color or  
flavors

All  
Natural

Quality  
guaranteed

NO  
Wheat  
or  
Gluten

No  
Dairy

Third party  
tested

Maximum  
Efficacy

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## COMPOSITION: 120 ml Syrup

Each 5 ml contains:

Vitamin A (USP).....	1700 IU
Vitamin C (USP).....	135 mg
Vitamin D3 (USP).....	275 IU
Vitamin E (USP).....	20 IU
Thiamine (USP).....	2 mg
Riboflavin (USP).....	2 mg
Niacin (USP).....	10 mg
Vitamin B6 (USP).....	2 mg
Folic acid (USP).....	135 mcg
Vitamin B12 (USP).....	6 mcg
Biotin (BP).....	65 mcg
Pantothenic acid (USP).....	7 mg
Calcium as Carbonate (USP).....	55 mg
Iodine as Potassium Iodide (USP).....	50mcg
Magnesium as Sulfate (USP).....	15 mg
Zinc as Sulfate (USP).....	5 mg
Selenium as Sodium selenite (USP).....	5 mcg
Manganese as sulfate (USP).....	1.5 mg
Chromium as Picolinate (USP).....	7 mcg
Potassium as Chloride (USP).....	15 mg
Myo-Inositol (USP).....	20 mg
Choline Bitartrate (USP).....	20 mg

## COMPOSITION: 30's Tablets

Each Tablet Contains:

Vitamin A (BP).....	800 mcg
Vitamin D3 (BP).....	5 mcg
Vitamin B6 (BP).....	2 mg
Vitamin B12 (BP).....	1 mcg
Vitamin E (BP).....	10 mg
Zinc as gluconate (BP).....	15 mg
Selenium as Sodium selenite (BP).....	100 mcg
Vitamin C (BP).....	60 mg
Panax Ginseng Extract (BP).....	40 mg
Co-enzyme Q10 (BP).....	5 mg
Vitamin B1 (BP).....	1.4 mg
Vitamin B2 (BP).....	1.6 mg
Vitamin B3 (BP).....	18 mg
Biotin (BP).....	150 ug
Vitamin B5 (BP).....	6 mg
Vitamin K2 (BP).....	30 mcg
Iron as sulfate (BP).....	14 mg
Iodine as Potassium Iodide (BP).....	150 ug
Copper as sulfate (BP).....	1 mcg
Manganese as gluconate (BP).....	2 mcg
Chromium as picolinate (USP).....	40 ug
Molybdenum as sodium molybdate (BP).....	50 mcg
Methionine D3 (USP).....	40 mg
Choline Bitartrate (USP).....	50 mg
Myo-Inositol (USP).....	50 mg
Lutein D3 (USP).....	2 mg

## DOSAGE:

**Children 10 years and above:**

Take 1/2-1 teaspoon daily, preferably with food or as directed by a healthcare professional.

**Adults:**

Take 2 tablespoons daily, preferably with food or as directed by a healthcare professional.

## PRESENTATION:

Available in 120 ml Syp Pack.

### References:

- <https://www.verywellfit.com/vitamin-a-palmitate-what-you-should-know-4169623>
- <https://www.hsph.harvard.edu/nutritionsource/vitamin-c/>
- <https://www.sunvitd3.co.uk/vitamin-d3-benefits/>
- <https://www.medicalnewstoday.com/articles/219545#benefits>
- <https://www.livescience.com/51966-vitamin-b2-riboflavin.html#:->



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