

## Product information RECOVERY BOX KIDS

### Recovery BOX KIDS

The micronutrients contained in the Recovery Box make a unique contribution to a regular psyche, a physiological nervous system and a normally functioning immune system.

The Recovery Box contains three high-quality products to support the functions of the PNI (psychoneuroimmunology):

#### Vitality Shot - natural multi-preparation

The Vitality Shot contains vitamins, minerals and trace elements to supplement daily requirements and support the body in its important daily functions. It contains vitamins A, B1, B2, niacin, pantothenic acid, B6, biotin, folic acid, B12, C, D3 and E as well as the minerals calcium, chromium, iron, iodine, copper, manganese, magnesium, molybdenum, selenium and zinc with the aim of achieving high bioavailability (thanks to lecithin from sunflowers). Additional ingredients: maca powder (also known as Peru ginseng), cocoa and licorice root extract. Sweetened with xylitol, which occurs naturally in birch. Contains only coenzyme Q10 and soy lecithin. It does not contain a single additive or adjuvant. The capsule shell is made of HPMC and is therefore entirely of plant origin.

#### Turmeric Turbo - with turmeric and green tea extract

Turmeric Turbo contains turmeric mixed with black pepper (with the aim of improving absorption) and green tea extract. Turmeric root, also known as yellow ginger or turmeric, is widely used in Asia. People have valued its valuable ingredients for generations, which is why the tuber is also known as the "sacred plant of India". Turmeric contains curcumin, among other things. The green tea extract contains catechins. Green tea/matcha is also known as "green superfood". All ingredients in Turmeric Turbo come from certified organic production.

#### Herbal Hero - mix of six selected plants

Herbal Hero combines ingredients from six different plants to create an interesting mix. The dandelion (*Taraxacum officinale*) is a plant that everyone is certainly familiar with. Many people pull it out of the garden without knowing its exciting ingredients.

Grape seeds contain a high amount of OPCs (which is a shame if you buy seedless grapes or spit out the seeds). The reishi mushroom is not yet so well known in this country, but in Asian countries it has been used often and with pleasure for thousands of years. Quercetin is a widespread flavonoid in the plant kingdom that belongs to the polyphenol group of substances. In Asia, brown algae, which contain various nutrients, have long been an important part of the diet. The succulent roseroot grows in crevices in high plateaus and on sea cliffs. It contains rosavin, among other things.

#### Advantages of the Recovery Box

- Practical 2-month box
- 3 in 1: Three products to strengthen the psyche, nerves and immune system
- Developed with the immunologist Prof. Dr. Stefan Hockertz

#### Recommended intake

Children from 12 years daily:

1/2 Vitality-Shot (do not take on an empty stomach), or 1 stick every 2nd day

2 capsules of Turmeric Turbo (1 capsule in the morning and 1 capsule in the evening)

2 capsules of Herbal Hero (one capsule in the morning and one in the evening, not on an empty stomach)

#### Instructions for use

This product is not a substitute for a varied, balanced diet, fresh fruit and vegetables and a healthy lifestyle. Store in a cool, dry place and keep out of the reach of children. Do not exceed the recommended intake.

#### Minimum shelf life

36 months

## Contents Recovery Box Kids:

Validity-Shot: 30 sticks of vitamins, minerals and trace elements as well as maca, cocoa and licorice root.

## Nutrients for 1/2 stick

Vitamine	Gehalt	NRV
Vitamin A	340 µg	42.5%*
Vitamin B1	1.65 mg	150%*
Vitamin B2	2.1 mg	150%*
Niacin (B3)	24 mg	150%*
Pantothensäure (B5)	9 mg	150%*
Vitamin B6	2.1 mg	150%*
Biotin (B7/B8)	112.5 µg	225%*
Folsäure (B9)	187.5 µg	93.75%*
Vitamin B12	12.5 µg	500%*
Vitamin C	75 mg	93.75%*
Vitamin D3	17.5 µg	350%*
Vitamin E	9 mg	75%*

Mineralstoffe	Gehalt	NRV
Calcium	30 mg	3.75%*
Chrom	18.75 µg	47%*
Eisen	5.25 mg	37.5%*
Jod	50 µg	33.25%*
Kupfer	0.4 mg	40%*
Mangan	0.75 mg	37.5%*
Magnesium	93.75 mg	25%*
Molybdän	50 µg	100%*
Selen	25 µg	45.5%*
Zink	1.3 mg	13.25%*

\* NRV = % der Nährstoffbezugswerte

**Turmeric Turbo:** 120 capsules each containing 217 mg organic turmeric (full spectrum), 25 mg organic turmeric (extract), 24 mg organic black pepper and 36 mg organic green tea matcha powder.

**Herbal Hero:** 120 capsules each containing 70 mg dandelion leaf extract (*Taraxacum officinale* folium), 70 mg grape seed extract (*Vitis vinifera* seeds with > 60% OPC), 30 mg reishi spore powder (*Ganoderma lucidum*), 39.5 mg quercetin-rich dry extract (from *Sophora japonica*, 95% pure quercetin), 40 mg brown algae extract, 25 mg rose root extract (*Rhodiola rosea* radix).

## Net quantity

177g

Pharmacode CH  
1006560

PZN DE  
19074538

PZN AT  
5804648



Please also note the Recovery Box PNI for adults.

