Consumer Information

AdVit4HT

In Short

- AdVit4HT is a powdered Iodine-free micronutrient supplement – Food for Special Medical Purposes (FSMP), with sweetener
- for the dietary management of micronutrient deficiencies in Hashimoto's Thyroiditis or other Iodine sensitivities (HT = Hashimoto's Thyroiditis)
- suitable from 10 years of age
- in a 200 g tin

Product Profile

AdVit4HT is a powdered Iodine-free micronutrient supplement for the dietary management of micronutrient deficiency in increased requirements or insufficient coverage of needs for vitamins, minerals, and trace elements.
AdVit4HT is easily soluble and particularly suitable in Hashimoto's Thyroiditis or other Iodine sensitivities (e.g. Iodine allergy). Suitable from 10 years of age.

> 10 g AdVit4HT cover approx. 100 %
> 5 g AdVit4HT cover approx. 50 %

of the daily requirements of the vitamins, minerals and trace elements contained – from 10 years of age (according to D-A-CH reference values).

AdVit4HT
> is gluten free and lactose free
> contains inulin.*

*Inulin-Info: Inulin is a natural, water-soluble fibre. Inulin supports the digestion and is not resorbed by the human small intestine. In the human colon inulin serves the beneficial bifidobacteria as nutrient. This prebiotic effect helps to maintain or to build up a healthy intestinal flora.

Important Notice: Must only be used under medical supervision. Not suitable as sole source of nutrition. Only for people from 10 years of age with micronutrient deficiencies in Hashimoto's Thyroiditis or other Iodine sensitivities. For enteral use only.

Dosage and Usage

The daily dosage of AdVit4HT depends on age, body weight and medical condition. The dosage should be determined under medical control. The daily amount of AdVit4HT should be taken in 2 – 3 single portions and preferably as a beverage.

Preparation

Our recommendation for the standard solution is 5 g of AdVit4HT in 100 ml.
We recommend to
> stir AdVit4HT into the liquid – water or juice – not vice versa.
> prepare AdVit4HT always freshly.
> store the tin – once opened – preferably in the refrigerator, tightly closed with the plastic lid – protected against humidity and heat.

The scoop enclosed in the tin measures approx. 4,5 – 5 g AdVit4HT when levelled.

INGREDIENTS

Inulin, calcium phosphate, magnesium carbonate, acid: citric acid, flavouring, sodium hydrogen carbonate, L-carnitine, vitamin C, ferrous sulphate, vitamin B2, vitamin B6, vitamin B1, inositol, cupric sulphate, choline, niacin, chromium (III) chloride, vitamin A, zinc sulphate, pantothenic acid, manganese sulphate, sodium molybdate, vitamin E, folic acid, biotin, sodium selenite, sweetener: sodium saccharin, vitamin K, vitamin D, vitamin B12.

NUTRITION INFORMATION

AdVit4HT		100 g	10 g*
Energy	kJ	488	49
	kcal	119	12
Fat	g	0	0
of which saturates	g	0	0
Carbohydrate	g	3	0,3
of which sugars	g	<3	<0,3
Fibre	g	41	4
Protein	g	0	0
Salt	g	1,4	0,14
Vitamins			
Vitamin A	µg	9000	900
Vitamin D3	µg	50	5
Vitamin E	mg	120	12
Vitamin K1	µg	400	40
Vitamin C	mg	900	90
Thiamin (Vit. B1)	mg	12	1,2
Riboflavin (Vit. B2)	mg	14	1,4
Niacin	mg	150	15
Vitamin B6	mg	10	1
Folic acid	µg	3000	300
Vitamin B12	µg	20	2
Biotin	µg	300	30
Pantothenic acid	mg	50	5
Minerals ~			
Sodium #	mg	557	56
Calcium	mg	10000	1000
Phosphorus #	mg	4637	464
Magnesium	mg	2500	250
Trace elements			
Iron	mg	120	12
Zinc	mg	70	7
Copper	mg	10	1
Manganese	mg	20	2
Selenium	µg	300	30
Chromium	µg	200	20
Molybdenum	µg	500	50
Iodine	µg	0	0

FURTHER NUTRITION INFORMATION

Fructose	g	<1	<0,1
Glucose	g	<0,3	<0,03
Lactose	g	0	0
Sucrose	g	<2	<0,2
L-Carnitine	mg	440	44
Choline	mg	970	97
myo-Inositol	mg	1060	106

* equivalent to ~100 % of Recommended Dietary Intake for all micronutrients (except those marked by #) contained in AdVit4HT (according to the "Reference values for nutrition in Germany, Austria and Switzerland").

~ Potassium and Chloride have not been added, because usually these minerals are supplied in sufficient amounts by the normal diet.

The micronutrients marked with # are not contained in balanced amounts.

Delivery Unit	1 x 200 g tin	2 x 200 g tin
Article Number	xx-002-34105	xx-002-34106
Delivery to	Pharmacies, clinics	
Storage	Store in a cool, dry place.	

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