sanopoly



Priosa®

complete

Complete Vitamin and Mineral Complex

Relevant amino acids, coenzymes, plant-based active ingredients

100% VEGAN

HIGHEST RAW MATERIAL QUALITY

WITHOUT GENETIC ENGINEERING

PRODUCED IN EUROPE

THE FORMULA

The formula of Priosa® complete

Relevant amino acids, coenzymes, plant-based active ingredients

95	157	59
Ingredients in the formula	**EU-approved health claims**	**Areas of effect according to approved claims**

WHAT IS

Priosa® complete in detail

What is Priosa® complete?

Priosa® complete is a comprehensive vitamin and mineral complex that contributes to the normal supply of vitamins and minerals in everyday life. The vital complex includes essential and semi-essential amino acids, macroelements, relevant trace elements, more than 84 bioactive nutrients, vitamins and plant extracts, antioxidants, iron, selenium, ginger, sea buckthorn and plant extracts.

Priosa® complete provides the appropriate nutrient profile in a sophisticated formula for many important structural building blocks. This is our base product because it supplies the body comprehensively with the nutrients it needs to support health. The all-in-one solution for metabolism.

WHAT PRIOSA® COMPLETE SUPPORTS

The most important of the 59 areas of effect

The vitamins and minerals contained contribute to the following body functions in accordance with EU-approved health claims.



Energy metabolism
Biotin contributes to normal energy-yielding metabolism.



Immune system
Copper contributes to the normal function of the **immune system**.



Nervous system
Biotin contributes to normal functioning of the **nervous system**.



Tiredness and fatigue
Folate contributes to the reduction of **tiredness and fatigue**.



Psychological function
Biotin contributes to normal **psychological function**.



Skin
Biotin contributes to the maintenance of normal **skin**.

WHAT CAN

What the nutrients in Priosa® **complete** contribute to

- Betaine contributes to normal homocysteine metabolism.
- Biotin contributes to normal energy-yielding metabolism.
- Biotin contributes to normal functioning of the nervous system.
- Biotin contributes to normal macronutrient metabolism.
- Biotin contributes to normal psychological function.
- Biotin contributes to the maintenance of normal hair.
- Biotin contributes to the maintenance of normal mucous membranes.
- Biotin contributes to the maintenance of normal skin.
- Calcium contributes to normal blood clotting.
- Calcium contributes to normal energy-yielding metabolism.
- Calcium contributes to normal muscle function.
- Calcium contributes to normal neurotransmission.
- Calcium contributes to the normal function of digestive enzymes.
- Calcium has a role in the process of cell division and specialisation.
- Calcium is needed for the maintenance of normal bones.
- Calcium is needed for the maintenance of normal teeth.
- Chromium contributes to normal macronutrient metabolism.
- Chromium contributes to the maintenance of normal blood glucose levels.
- Copper contributes to maintenance of normal connective tissues.
- Copper contributes to normal energy-yielding metabolism.
- Copper contributes to normal functioning of the nervous system.
- Copper contributes to normal hair pigmentation.
- Copper contributes to normal iron transport in the body.
- Copper contributes to normal skin pigmentation.
- Copper contributes to the normal function of the immune system.
- Copper contributes to the protection of cells from oxidative stress.
- Folate contributes to maternal tissue growth during pregnancy.
- Folate contributes to normal amino acid synthesis.
- Folate contributes to normal blood formation.
- Folate contributes to normal homocysteine metabolism.
- Folate contributes to normal psychological function.
- Folate contributes to the normal function of the immune system.
- Folate contributes to the reduction of tiredness and fatigue.
- Folate has a role in the process of cell division.
- Iodine contributes to normal cognitive function.
- Iodine contributes to normal energy-yielding metabolism.
- Iodine contributes to normal functioning of the nervous system.
- Iodine contributes to the maintenance of normal skin.

- Iodine contributes to the normal production of thyroid hormones and normal thyroid function.
- Iron contributes to normal cognitive function.
- Iron contributes to normal energy-yielding metabolism.
- Iron contributes to normal formation of red blood cells and haemoglobin.
- Iron contributes to normal oxygen transport in the body.
- Iron contributes to the normal function of the immune system.
- Iron contributes to the reduction of tiredness and fatigue.
- Iron has a role in the process of cell division.
- Magnesium contributes to a reduction of tiredness and fatigue.
- Magnesium contributes to electrolyte balance.
- Magnesium contributes to normal energy-yielding metabolism.
- Magnesium contributes to normal functioning of the nervous system.
- Magnesium contributes to normal muscle function.
- Magnesium contributes to normal protein synthesis.
- Magnesium contributes to normal psychological function.
- Magnesium contributes to the maintenance of normal bones.
- Magnesium contributes to the maintenance of normal teeth.
- Magnesium has a role in the process of cell division.
- Manganese contributes to normal energy-yielding metabolism.
- Manganese contributes to the maintenance of normal bones.
- Manganese contributes to the normal formation of connective tissue.
- Manganese contributes to the protection of cells from oxidative stress.
- Molybdenum contributes to normal sulphur amino acid metabolism.
- Niacin contributes to normal energy-yielding metabolism.
- Niacin contributes to normal functioning of the nervous system.
- Niacin contributes to normal psychological function.
- Niacin contributes to the maintenance of normal mucous membranes.
- Niacin contributes to the maintenance of normal skin.
- Niacin contributes to the reduction of tiredness and fatigue.
- Pantothenic acid contributes to normal energy-yielding metabolism.
- Pantothenic acid contributes to normal mental performance.
- Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters.
- Pantothenic acid contributes to the reduction of tiredness and fatigue.
- Riboflavin contributes to normal energy-yielding metabolism.
- Riboflavin contributes to normal functioning of the nervous system.
- Riboflavin contributes to the maintenance of normal mucous membranes.
- Riboflavin contributes to the maintenance of normal red blood cells.
- Riboflavin contributes to the maintenance of normal skin.
- Riboflavin contributes to the maintenance of normal vision.
- Riboflavin contributes to the normal metabolism of iron.
- Riboflavin contributes to the protection of cells from oxidative stress.
- Riboflavin contributes to the reduction of tiredness and fatigue.
- Selenium contributes to normal spermatogenesis.
- Selenium contributes to the maintenance of normal hair.
- Selenium contributes to the maintenance of normal nails.
- Selenium contributes to the normal function of the immune system.
- Selenium contributes to the normal thyroid function.
- Selenium contributes to the protection of cells from oxidative stress.
- Thiamine contributes to normal energy-yielding metabolism.
- Thiamine contributes to normal functioning of the nervous system.
- Thiamine contributes to normal psychological function.
- Thiamine contributes to the normal function of the heart.
- Vitamin A contributes to normal iron metabolism.
- Vitamin A contributes to the maintenance of normal mucous membranes.
- Vitamin A contributes to the maintenance of normal skin.
- Vitamin A contributes to the maintenance of normal vision.
- Vitamin A contributes to the normal function of the immune system.
- Vitamin A has a role in the process of cell specialisation.
- Vitamin B12 contributes to normal energy-yielding metabolism.
- Vitamin B12 contributes to normal functioning of the nervous system.
- Vitamin B12 contributes to normal homocysteine metabolism.
- Vitamin B12 contributes to normal psychological function.
- Vitamin B12 contributes to normal red blood cell formation.
- Vitamin B12 contributes to the normal function of the immune system.

- Vitamin B12 contributes to the reduction of tiredness and fatigue.
- Vitamin B12 has a role in the process of cell division.
- Vitamin B6 contributes to normal cysteine synthesis.
- Vitamin B6 contributes to normal energy-yielding metabolism.
- Vitamin B6 contributes to normal functioning of the nervous system.
- Vitamin B6 contributes to normal homocysteine metabolism.
- Vitamin B6 contributes to normal protein and glycogen metabolism.
- Vitamin B6 contributes to normal psychological function.
- Vitamin B6 contributes to normal red blood cell formation.
- Vitamin B6 contributes to the normal function of the immune system.
- Vitamin B6 contributes to the reduction of tiredness and fatigue.
- Vitamin B6 contributes to the regulation of hormonal activity.
- Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise.
- Vitamin C contributes to normal collagen formation for the normal function of blood vessels.
- Vitamin C contributes to normal collagen formation for the normal function of bones.
- Vitamin C contributes to normal collagen formation for the normal function of cartilage.
- Vitamin C contributes to normal collagen formation for the normal function of gums.
- Vitamin C contributes to normal collagen formation for the normal function of skin.
- Vitamin C contributes to normal collagen formation for the normal function of teeth.
- Vitamin C contributes to normal energy-yielding metabolism.
- Vitamin C contributes to normal functioning of the nervous system.
- Vitamin C contributes to normal psychological function.
- Vitamin C contributes to the normal function of the immune system.
- Vitamin C contributes to the protection of cells from oxidative stress.
- Vitamin C contributes to the reduction of tiredness and fatigue.
- Vitamin C contributes to the regeneration of the reduced form of vitamin E.
- Vitamin C increases iron absorption.
- Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus.
- Vitamin D contributes to normal blood calcium levels.
- Vitamin D contributes to the maintenance of normal bones.
- Vitamin D contributes to the maintenance of normal muscle function.
- Vitamin D contributes to the maintenance of normal teeth.
- Vitamin D contributes to the normal function of the immune system.
- Vitamin D has a role in the process of cell division.
- Vitamin E contributes to the protection of cells from oxidative stress.
- Vitamin K contributes to normal blood clotting.
- Vitamin K contributes to the maintenance of normal bones.
- Zinc contributes to normal DNA synthesis.
- Zinc contributes to normal acid-base metabolism.
- Zinc contributes to normal carbohydrate metabolism.
- Zinc contributes to normal cognitive function.
- Zinc contributes to normal fertility and reproduction.
- Zinc contributes to normal macronutrient metabolism.
- Zinc contributes to normal metabolism of fatty acids.
- Zinc contributes to normal metabolism of vitamin A.
- Zinc contributes to normal protein synthesis.
- Zinc contributes to the maintenance of normal bones.
- Zinc contributes to the maintenance of normal hair.
- Zinc contributes to the maintenance of normal nails.
- Zinc contributes to the maintenance of normal skin.
- Zinc contributes to the maintenance of normal testosterone levels in the blood.
- Zinc contributes to the maintenance of normal vision.
- Zinc contributes to the normal function of the immune system.
- Zinc contributes to the protection of cells from oxidative stress.
- Zinc has a role in the process of cell division.

INSIGHTS

Images













MANUFACTURING & QUALITY

Tested quality

Sanopoly develops highly pure nutritional supplements in medically supervised formulations. Production takes place in Austria at an established pharmaceutical contract manufacturer with over 25 years of experience.

ISO 22000

Certified management system for food safety according to international standard.

DEKRA tested

Independent audit of complete quality management by DEKRA.

Laboratory tested

Testing of the ingredients for heavy metals and microbiological purity.

Nutritional values and ingredients

Nutrients	per daily dose * (= 9 Capsules)	% NRV **
Vitamin A	120 µg	15
Beta-carotene equals 144µg Vitamin A per daily dose	864 µg	–
Vitamin D2 equals 350 IE per daily dose	8.75 µg	175
Vitamin D3 equals 650 IE per daily dose	16.25 µg	325
Vitamin E	27 mg alpha-TE	225
Vitamin K2	36 µg	48
Vitamin C	205.38 mg	257
Thiamine	25 mg	2273
Riboflavin (Vitamin B2)	2.7 mg	193
Niacin (Vitamin B3)	45 mg	281
Vitamin B6	4.95 mg	354
Folic acid (Vitamin B9 / B11)	810 µg	405
Vitamin B12	99 µg	3960
Biotin (Vitamin B7 / B8)	720 µg	1440
Pantothenic acid (Vit. B5)	81 mg	1350
Calcium	136 mg	17
Magnesium	56.25 mg	15
Iron	5.688 mg	41
Zinc	9 mg	90
Copper	0.4 mg	40
Manganese	1.44 mg	72
Selenium	28.8 µg	52
Chromium	28.8 µg	72
Molybdenum	14.4 µg	29
Iodine	144 µg	96
Sodium	46.6 mg	–
L-Methionine	486 mg	–
L-Lysine	189 mg	–
L-Valine	216 mg	–
L-Isoleucine	189 mg	–
L-Phenylalanine	185 mg	–
L-Tryptophan	162 mg	–
L-Cysteine	79.2 mg	–
L-Glutathione	108 mg	–
L-Threonine	108 mg	–
L-Tyrosine	80 mg	–
L-Carnosine	72 mg	–
L-Glycine	60 mg	–
L-Leucine	54 mg	–
L-Aspartic acid	45 mg	–
L-Glutamic acid	36 mg	–
L-Glutamine	27 mg	–
L-Histidine	27 mg	–
L-Arginine	13.5 mg	–

Nutrients	per daily dose * (= 9 Capsules)	% NRV **
Tagetes flower extract	243 mg	–
of which Lutein	48.6 mg	–
Apricot seed extract	126 mg	–
Lycopene from Tomatoes	14.4 mg	–
Alfalfa leaf extract	67.5 mg	–
Pomegranate peel extract	45 mg	–
of which Ellagic acid	18 mg	–
Fennel seed extract	40.5 mg	–
Green tea leaf extract	36 mg	–
of which Polyphenols	21.6 mg	–
Catechins	12.6 mg	–
EGCG	5.4 mg	–
Broccoli plant powder	36 mg	–
Yellow Gentian Root Extract	36 mg	–
Caraway seed powder	36 mg	–
Wormwood leaf extract	36 mg	–
Turmeric root extract	27 mg	–
of which Curcuminoids	25.65 mg	–
Flaxseed extract	27 mg	–
of which Lignans	5.4 mg	–
Soya lecithin	24 mg	–
of which Phosphatidylcholine	7.2 mg	–
Apple pectin	22.5 mg	–
of which Galacturonic acid	14.6 mg	–
Nettle plant extract	22.5 mg	–
of which Sitosterol	450 µg	–
Carrot powder	22.5 mg	–
Milk thistle seed extract	22.5 mg	–
of which Silymarin	18 mg	–
Chilli Fruit Powder	22.5 mg	–
Parsley plant extract	22.5 mg	–
Beetroot juice powder	22.5 mg	–
of which Betaine	72 µg	–
Soy bean extract	22.5 mg	–
of which Soy Isoflavones	9 mg	–
Artichoke leaf extract	18 mg	–
of which Cynarin	1.8 mg	–
Bamboo extract	18 mg	–
of which Silicon Dioxide	13.5 mg	–
Silicon	6.3 mg	–
Chlorella microalga	18 mg	–
Cranberry fruit extract	18 mg	–
of which Proanthocyanidins	9 mg	–
Grape seed extract	18 mg	–
of which Polyphenols	17.1 mg	–
OPC	10.8 mg	–
Sea buckthorn fruit powder	18 mg	–
Bitter orange fruit extract	14.4 mg	–
of which Hesperidin	9 mg	–
Ginger root extract	13.5 mg	–
of which Gingerol	1.35 mg	–
Dandelion root extract	13.5 mg	–
of which Flavonoids	270 µg	–
Sage plant extract	13.5 mg	–
of which Rosmarinic acid	342 µg	–
Shiitake mushroom extract	10.8 mg	–
Rosehip Shell	9 mg	–
Black Garlic Extract	9 mg	–
Yarrow Powder	9 mg	–

Nutrients	per daily dose * (= 9 Capsules)	% NRV **
Spirulina Platensis	9 mg	–
of which Chlorophyll	90 µg	–
Bitter orange fruit extract	7.2 mg	–
of which Hesperidin	6.48 mg	–
Chamomile flower extract	4.5 mg	–
Melon fruit juice concentrate (SOD) equals enthält SOD 36 IU per daily dose	3 mg	–
R-alpha-lipoic acid	135 mg	–
L-Carnitine	72 mg	–
Coenzyme Q-10	45 mg	–
Para-aminobenzoic acid	40.5 mg	–
Taurine	36 mg	–
NADH	4 mg	–

** per daily dose ** % NRV = nutrient reference values according to Regulation (EU) No 1169/2011. Vitamins and minerals below 15 % NRV are not listed.*

Recommended intake

Take 9 capsules daily with sufficient liquid.

Ingredients

Hydroxypropyl methylcellulose (capsule shell), Calcium citrate, L-Methionine, Magnesium bisglycinate, Tagetes Flower Extract, Tocotrienol-tocopherol, L-Lysine hydrochloride, L-Valine, Camu Camu Fruit Extract, L-Isoleucine, L-Phenylalanine, L-tryptophan, R-alpha-Lipoic acid, Sodium Bicarbonate, Apricot seed extract, L-Cysteine hydrochloride, L-Ascorbic acid, L-Glutathione, L-Threonine, L-Carnitine Tartrate, Calcium D-pantothenate, Potassium chloride, L-Tyrosine, L-Carnosine, Lycopene from Tomatoes, Ergocalciferol, Alfalfa Leaf Extract, Glycine, L-Leucine, Iron Gluconate, Coenzyme Q10, Nicotinamide, L-Aspartic Acid, Pomegranate peel extract, Fennel seed extract, Para-Aminobenzoic Acid, Green Tea Leaf Extract, Broccoli Plant Powder, Yellow Gentian Root Extract, Caraway Seed Powder, L-Glutamic acid, Taurine, Wormwood Leaf Extract, Thiamine hydrochloride, Zinc citrate, Turmeric root extract, Kelp seaweed extract, Linseed Extract, L-Glutamine, L-Histidine, Sodium chloride, Soy lecithin, Apple pectin, Nettle Leaf Extract, Carrot Powder, Milk thistle seed extract, Chilli Fruit Powder, Parsley plant extract, Red beet juice powder, SOYA Bean Extract, Artichoke leaf extract, Bamboo Extract, Chlorella microalga, Cranberry fruit extract, Menaquinone, Grape Seed Extract, Sea Buckthorn Fruit Powder, L-Arginine Hydrochloride, Bitter orange fruit extract, Ginger Root Extract, Dandelion root extract, Sage plant extract, Manganese Gluconate, Shiitake mushroom extract, Rose Hip Shells, Black Garlic Extract (contains SULPHUR DIOXIDE and SULPHITES), Yarrow Powder, Spirulina Platensis, Beta-Carotene, Bitter orange fruit extract, Sodium selenite, Cholecalciferol, Pyridoxine hydrochloride, Nicotinamide adenine dinucleotide, Chamomile flower extract, Melon fruit juice concentrate, Chromium(III) Chloride, Riboflavin, Copper Sulfate, Sodium molybdate, Pteroylmonoglutamic acid, Retinyl acetate, D-Biotin, Potassium Iodide, 5'-Deoxyadenosylcobalamin, Hydroxocobalamin, Methylcobalamin.

Notes

Do not exceed the recommended daily intake. Food supplements are not a substitute for a varied diet. A balanced diet and healthy lifestyle are important. Keep out of reach of small children. Store at room temperature (max. 25 °C), dry and protected from light. Use within 3 months of opening the package.*
Persons taking anticoagulant medications (anticoagulants) should consult their doctor before taking this product. This product is not suitable for pregnant women, nursing mothers, children and adolescents under 18 years of age. Persons undergoing laboratory tests should inform their doctor or laboratory staff that biotin is being or has recently been taken. Avoid taking further zinc-containing food supplements.
One serving (= 9 capsules) contains 5.4 mg EGCG. A daily dose of 800 mg EGCG ((-)-epigallocatechin-3-gallate) must not be exceeded. Should not be consumed if other green tea products are consumed on the same day. Should not be consumed on an empty stomach.
* Exception: packaging units whose daily dose and sales quantity require use over a longer period.

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