

## VEGANTOP®



### Introduction:

Vegantop is a blend of 10 extracts + Vitamin B12.

### Content:

- **Red Eggplant (Melanzana Rossa Lucana):** it's similar to a tomato for the color and the rounded shape, it's rich in components such as amino, ascorbic acid, carbohydrates, polyphenols, flavonoids, phytosterols, micronutrients and vitamins.
- **Spinach:** contains a number of antioxidants, including carotenoids, polyphenols and flavonoids (quercetin). Spinach is regarded as a valuable dietary source of vitamin A, iron, folate and lutein.
- **Cabbage** is an excellent source of vitamin C and a very good source of manganese.
- **White beans of Rotonda:** they have a high content of plant proteins (26%), amino acids, starches (70%) and at the same time, these legumes are low in fat (1.5%). Thus, can provide an excellent nourishment without causing the accumulation of extra calories. They are rich in vitamins of group B and in particular folic acid.
- **Beetroot:** beets are a source of vitamins A and C, iron, carotenoids and dietary fiber.
- **Apple:** it contains numerous vitamins and minerals.
- **Flax seeds:** are essential for optimum health. It is also one of the top plant sources of omega-3 essential fatty acids such as linoleic acid, alpha-linolenic acid (ALA) and arachidonic acids. Flax is an excellent source of vitamin E, especially rich in gamma-tocopherol.
- **Oat seeds:** the entire plant is rich in minerals and trace nutrients such as silica, magnesium, phosphorus, chromium, iron, calcium, alkaloids, protein, vitamin B complex, vitamins A and C.
- **Purslane** is considered a rich vegetable source of omega-3 fatty acids and antioxidants, including tocopherol, ascorbic acid, beta

carotene and glutathione. Purslane also contains carbohydrates, lipids, glycosides, alkaloids (including oleraceins), sterols, coumarins, triterpenes, and flavonoids.

- **Lemon fruit:** the health benefits of lemon are due to its many nourishing elements like vitamin C, vitamin B6, vitamin A, vitamin E, folate, niacin, thiamin, riboflavin, pantothenic acid, copper, calcium, iron, magnesium, potassium, zinc, phosphorous and protein.
- **Cyanocobalamine (Vit B12):** Very low B12 intakes can cause anemia and nervous system damage. The only reliable vegan sources of B12 are foods fortified with B12 (including some plant milks, some soy products and some breakfast cereals) and B12 supplements. Most vegans consume enough B12 to avoid anemia and nervous system damage, but many do not get enough to minimize potential risk of heart disease or pregnancy complications.

**Dose:** Food grade extract: 200 - 250 mg/day

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