

# TECHNICAL SHEET OF THE PRODUCT



Name of the product: VITAMIN C.

Brand: ZDRAVA TRAVA – VITAMIN C.

Type number: ZT 00102

Product lot: Indicated on the packaging.

Contents of the package: 30 capsules.

Capsule cover: Gelatin.

Dosage: Maximum 1 capsules per day. Do not exceed the daily dosage of 2 capsules per day.

Expected period of use of 1 package: 30 days.

Minimum shelf life: Indicated on the packaging.

Store in a dry place at a temperature of up to 25°C. Protect from direct sunlight.

Ingredients: Vitamin C–1000mg.

Product series, product number, type, batch or serial number: VITAMIN C–1000mg.

Our body cannot produce vitamin C on its own, so we need to supply it with food or through dietary supplements. Vitamin C helps maintain the skin's natural elasticity, vitality and fresh appearance. Vitamin C contributes to maintaining the proper functioning of the immune system and to the production of collagen for the proper functioning of blood vessels, bones, cartilage, gums, teeth and skin.

For children from 11.–14 years of age one tablet every other day, for people in adolescence, i.e. from 15.–18 years of age and adults 1 tablet a day. According to the Vitamin C Foundation, the recommended daily intake of vitamin C is at least 3,000 mg (= 3 mg) for adults and children above 3 years of age to achieve optimal health. The dosage should be divided into at least 3 daily doses of 1,000 mg each. In comparison to the officially recommended daily intake, which is 100 mg per day for an adult in our country, this dosage may seem excessive. However, it should be remembered that the official recommended intake is for the prevention of serious vitamin C deficiency (rickets), not for achieving optimal health condition, which lacks any concern for infections and diseases common among humans. This is because it turned out that the tolerance of vitamin C, i.e. the dose that the body is able to use, may differ depending on the state of health, and may increase up to tenfold with infections.

Side effects:

An ADI (Acceptable Daily Intake) value has not been established for this substance. The substance has no known side or adverse effects on human health. Additional information: In the Czech Republic (the entire EU), silicon dioxide is permitted as a food additive, in baby food in a limited amount for side dishes. In the USA, the use of the substance is allowed.

Notice on packaging: Dietary supplement.

The product is not intended as a substitute for a varied diet. Food supplements should not be used as a substitute for a balanced diet and a healthy lifestyle. This product was marketed as a dietary supplement. Has no approved curative effects and is not a cure. It is not intended as a substitute for a varied diet. Do not exceed the recommended dosage. Store in a dry place at a temperature of up to 25°C. Protect from direct sunlight.

The manufacturer is not liable for damages caused by improper use or storage.

Minimum shelf life: Indicated on the packaging.

Not intended for children, pregnant and nursing mothers. Store out of reach of children. If you are pregnant, breastfeeding, taking prescription medication or under medical supervision, it is advisable to consult a medical practitioner before taking any supplements. Discontinue use and consult a medical practitioner if side effects occur. Not suitable for persons under 18 years of age. Do not use if seal is broken.

**LEGAL NOTICE:** The effectiveness of this substance has not been confirmed by the European Union regulator as sufficiently supported by scientific studies. This product is not intended to diagnose, treat or prevent any disease.

**Allergens:** The product does not contain allergens listed in Annex II of the Regulation of the European Parliament and of the Council (EU) No. 1169/2011 as amended.

**GMO:** In accordance with the requirements of Regulation (EC) 1829/2003 and 1830/2003, the product does not contain GMOs and was not made from genetically modified raw materials.

**Ionization:** The product has not been treated with ionizing radiation as defined in Directive of the European Parliament and Council No. 1999/2/EC as amended by Regulation of the European Parliament and Council (EC) No. 1137/2008.

**Food supplement – definition according to the law**

A food supplement is a food whose purpose is to supplement a normal diet and which is a concentrated source of vitamins and minerals or other substances with a nutritional or physiological effect, contained in the food alone or in combination, intended for direct consumption in small measured quantities. Product effectiveness and quality assurance are not assessed when approving dietary supplements. However, the manufacturer may not declare false claims about the effect of the product (prohibition of misleading the consumer). He must be able to document the declared effects at any time. Dietary supplement must meet all applicable food standards. Their compliance is checked by the State Agricultural and Food Inspection (SZPI). Dietary supplements may not be marked with a medical indication on the packaging (nor may they indicate the cure or prevention of diseases), which is reserved only for medicines. However, beneficial effects on the health of the user may be stated – so-called health claims. The same applies to advertising. It must also not be stated or implied that a balanced and varied diet cannot provide sufficient nutrients.

In the event that we put food, dietary supplements and packaging on the market, I declare that it meets the requirements of Act No. 477/2001 Coll., on packaging, as amended by Act No. 274/2003 Coll., Act No. 94/2004 Coll., Act No. 237/2004 Coll., Act No. 257/2004 Coll., Act No. 444/2005 Coll., Act No. 66/2006 Coll., Act No. 296/2007 Coll., Act No. 25/2008 Coll., Act No. 126/2008 Coll., Act No. 227/2009 Coll., Act No. 281/2009 Coll., Act No. 77/2011 Coll., Act No. 18/2012 Coll. and Act No. 167/2012 Coll. and Act No. 62/2014 Coll., in particular §§ 3, 4, 5, 6, 14 and 15, as well as the implementing regulations of this Act, as far as they relate to packaging produced / imported by me.

This declaration of conformity is issued under the sole responsibility of the manufacturer. Object of the declaration, Identification of product allowing traceability. The object of the declaration described above is in accordance with the relevant Union harmonization. The production is certified in accordance with ISO 22000:2018.

Stamp and signature of the manufacturer/exporter/importer/distributor:  
Name and signature of the authorized person, stamp, authorized person's signature and stamp.  
RADEK PYTLÍK COMPANY EXECUTIVE



Place and date of issue, In Těrlicko on March 1, 2023



**100%  
NATURAL**

**HEMP  
OIL**



 **ZDRAVÁ TRÁVA®**

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Společnost zapsaná pod C 69343 / KSOS – Krajský soud v Ostravě