



**VAN DER PIJGE**  
— SINCE 1849 —

# FOOD SUPPLEMENTS



**vitamins • minerals • amino acids • fibers**

*I believe that you can, by taking some simple and inexpensive measures, lead a longer life and extend your years of well-being. My most important recommendation is that you take vitamins every day in optimum amounts to supplement the vitamins that you receive in your food.*

Linus Pauling (scientist and chemist)

### **Supplements, sensible or nonsense?**

This booklet deals with vitamins, minerals, proteins, fatty acids, and fibers. These substances are all part of your diet, but sometimes – due to whatever circumstances – they are missing, or you do not take in enough of them. It seems that only 14% of us get the recommended daily dose of vitamins and minerals.

### **Quality of our fruits and vegetables**

We do not eat enough fruits and vegetables and often, when we do eat them, the fruits and vegetables contain few of the necessary nutrients. This is usually because it was harvested unripe, has absorbed too little sunlight, and therefore has not been charged enough to provide us with nutrients. In addition, the soil in which our fruit and vegetables grow is becoming poorer in minerals. The plant reflects the soil in which it grows; if the soil is poor in nutrients, so is the plant.

### **Additional needs**

There are circumstances that can make it more difficult to take in all the necessary nutrients through your diet. Think of top sport, pregnancy, sickness or being in recovery, an unbalanced diet, a busy job, lower vitamin D production in the winter, or because you are older and do not produce enough of certain vitamins yourself. In short, there are all kinds of situations where supplementation of vitamins, minerals, proteins, or fatty acids can provide much-needed supplements.

### **Quality**

Our dietary supplements are manufactured within the highest possible production guarantees: FSSC22000 and GMP+.

### Claims on supplements

Under European claims law, we are only allowed to use authorized health claims and not so-called medical claims.

### Ask us for advice

If you have any questions about your health or illness, please do not hesitate to contact us. One of our naturopathic therapists will be happy to help you. You can email or call us: info@vanderpigge.nl or 023-3030720.

### Our packaging

We are happy to do our part for the environment and for that reason many of our dietary supplements are packaged in brown recyclable glass.

### Online

Our products are also available online. You will find the full product information on vanderpigge.nl.

### For professionals

Are you a professional? You can create an account through our website. You will then receive a login code for special rates.

A varied, balanced diet and healthy lifestyle are important. Dietary supplements are no substitute for a varied diet. Consult an expert before taking supplements in case of pregnancy, breastfeeding, use of medication, and disease.

## CONTENT

<b>Vitamins</b>	6
VITAMINE B12 COMPLEX	8
VITAMINE C 1000 MG	10
VITAMINE D3 1000IE VEGAN	12
<b>Minerals</b>	14
MAGNESIUM ULTRA	16
<b>Multivitamins and minerals</b>	18
MULTI BALANS	20
<b>Amino acids</b>	24
L-GLUTAMINE	25
<b>Fibers</b>	26
PSYLLIUM HUSK	27
<b>Special products</b>	28
GLUCOSAMINE COMPLEX	29
MULTIFLOR PROBIOTICA	30

# VITAMINS

Vitamins are chemical compounds that are naturally found in our diet and are important for your health. They play a role in the proper functioning of your body and in growth and recovery. However, your body itself does, with a few exceptions such as vitamin D (in the skin due to exposure to UV-B radiation) and vitamin B3 (from tryptophan), not or at least not insufficiently produce them.

# VITAMINE B12 COMPLEX

## Vegetarian lozenges with vitamins B12, B11 (folic acid), and B6

Van der Pigge's Vitamine B12 Complex consists of two easily absorbable B12 vitamins (methylcobalamin and adenosylcobalamin) supplemented by an active form of folic acid (Quatrefolic®), an active coenzymatic form of B6 (p-5-p), and betain. These vitamins play an important role in various systems.

This dietary supplement has a positive effect on your nervous system and immune system. In addition, B11 (folic acid) and B6 ensure a good homocysteine level. Vitamin B12 is beneficial for energy production and can consequently contribute to reducing fatigue. This vitamin also ensures that your hair remains in good condition.

The tablets are stored in a dark glass jar that optimally protects them from light, moisture and oxygen.

### B6, B11, and B12 contribute to

- reducing fatigue (B6, B12)
- a positive influence on the nervous system (B6, B12)
- a good homocysteine level (B6 and B11, B12)
- healthy cardiovasculars (B11)
- a good mental balance (B6, B11 and B12)
- the production of red blood cells (B6 and B12)
- a functioning immune system (B11, B12)

### Composition per daily dosage (1 lozenge)

Vitamin B12 methylcobalamine	1500 mg	60000% RI*
Vitamin B12 adenosylcobalamine (dibenzozide)	1500 mg	60000% RI*
Vitamin B11 5-MTHF glucosamine salt (Quatrefolic®)	200 mcg	100% RI*
Vitamin B6 pyridoxal-5-phosphate	3.5 mg	250% RI*

\*RI = reference intake for an average adult in %

### Ingredients

Isomalt (binding agent), cellulose (filler), pyridoxal-5-phosphate, silica (anti-clotting agent), natural cherry aroma, vegetarian magnesium stearate (anti-clotting agent), methylcobalamine B12, adenosylcobalamine (dibenzozide), 5-methyl tetra hydropholate glucosamine salt (Quatrefolic®).



# VITAMINE C 1000 MG

## Tablets containing vitamin C for immune system

Vitamin C is by far the best-known vitamin and is involved in many of your body's processes. This vitamin activates your immune system and replenishes antioxidants. In addition, vitamin C is great for your nervous system and state of mind. It also contributes to success in learning, concentration, memory, mental resilience, clearing your mind, and reducing fatigue. Vitamin C helps release energy from fat, carbohydrates, and protein. It also helps with the formation of collagen, making it good for smooth and elastic veins, as well as for maintaining strong bones and teeth, and maintaining your cartilage.

This product also contains citrus bioflavonoids that support the vitamin C.

### Vitamin C contributes to

- maintaining the immune system and thus maintaining immunity
- protecting against free radicals
- support for sport, stress, and heavy physical work
- collagen formation that, among other things, gives the skin firmness
- keeping the muscles, joints, and tendons supple
- maintaining cartilage
- keeping the gums strong
- compensating for vitamin C loss when smoking

### Composition per tablet

Vitamin C (ascorbic acid)	1000 mg	1250% RI*
Citrus bioflavonoids	200 mg	

\*RI = reference intake for an average adult in %

### Ingredients

Vitamin C (ascorbic acid), citrus bioflavonoids, microcrystalline cellulose (filler), magnesiumstearate (anti-clotting agent), stearin acid, glycerol (emulsifier), carnauba wax, tricalcium phosphate (glazing agent), HPMC (binding agent).



# VITAMINE D3 1000 IE VEGAN

## Tablets containing vitamin D from plant sources

In the summer, your body can produce enough vitamin D through your skin under the influence of the sun. But if you are outside less often from October to March, this is a lot more difficult, partly because the sun in our country is also less powerful in those months. In summer, it may also be advisable to take extra vitamin D if you are using a sunscreen with a high protection factor. This blocks the UV radiation.

Vitamin D increases calcium intake in your bones, plays an essential role in maintaining strong bones and teeth, contributes to muscle strength, and has a positive impact on your immune system.

Van der Pigge Vitamin D-3 25 mcg (1000 IU) contains the most effective form of vitamin D and is suitable for vegetarians and vegans. It is in a small tablet that is easy to swallow.

### Extra vitamin D can support your health if

- you are vegetarian or vegan
- the sun in the fall and winter months is less powerful
- you do not go out every day or little between 11:00 and 15:00
- you wear a lot of covering clothes (long sleeves, gloves, hat, headscarf)
- you are over 60 (the ability to produce vitamin D decreases as you age)
- you are pregnant
- have a dark skin tone
- as a supplement to unhealthy and unbalanced (non-varied) diets
- you take certain medications (such as statins or corticosteroids)
- you are overweight
- you drink a lot of alcohol
- you follow a low-fat or fat-free diet

### Composition per tablet

Vitamin D3 (cholecalciferol from lichen) 25 mcg (1000 IU) 500% RI\*

\*RI = reference intake for an average adult in %

The European Food Safety Authority (EFSA) has set the safe upper limit for vitamin D intake at 100 mcg (4000 IU) per day for people aged 11 and over.

### Ingredients

Vitamin D3 (cholecalciferol), cellulose (filler), HPMC (coating), hydroxypropyl cellulose (binding agent), vegetable magnesium stearate, silica (anti-clotting agent).



# MINERALS

Vitamins, minerals, and trace elements have more similarities than differences. In many body processes, all three are indispensable. The main difference between vitamins, minerals, and trace elements is chemical: vitamins are organic substances and come from living nature, minerals and trace elements are inorganic substances (salts) and come from dead nature (e.g. rocks). Vitamins can be made by some plants or animals, while minerals and trace elements must be absorbed by plants from the earth and by animals from food or water.

The difference between minerals and trace elements lies in the amount in which your body needs them. You need much more minerals than trace elements. Not all minerals and trace elements have yet been proven to be essential (necessary for the functioning of your body), but we do know that these minerals are: calcium, magnesium, potassium, sodium, chloride, and phosphorus. The trace elements demonstrated to be essential are: iodine, iron, chromium, copper, zinc, manganese, selenium and molybdenum.

# MAGNESIUM ULTRA

Tablets containing the easily absorbable sucrosomial®magnesium

Magnesium is involved in more than 300 enzymatic processes in your body and plays a role in normal cell division. This mineral contributes to reducing fatigue and there is evidence that when exerting and stress, the need for magnesium increases.

## Magnesium can support

- normal energy production
- normal muscle function (muscle strength, muscle relaxation, endurance)
- a normal protein synthesis
- the functioning of the brain and nervous system (concentration, learning capacity, memory)
- a balanced electrolyte balance
- a normal psych function
- maintaining normal bones and teeth

## Benefits of our Magnesium Ultra

- a high elementary magnesium content of 32-37%
- high bioavailability (the extent to which the active substances of a product become available at the intended place)
- very easy to absorb
- neutral taste
- scientifically substantiated

Magnesium Ultra contains the innovative sucrosomial®magnesium. Innovative because the active magnesium is encapsulated between two layers of phospholipids (fatty substances). This capsule is similar to a cell membrane and this improves absorption while protecting the magnesium.

## Composition per tablet

Magnesium 300 mg 80% RI\*

\* RI = reference intake for an average adult in %

## Ingredients

UltraMag® sucrosomial magnesium, microcrystalline cellulose, hydroxypropyl cellulose (filler), sodium starch glyconate, sodium croscarmellose (humidify agent), magnesium stearate, non-nano colloidal silica (anti-clotting agent).



# MULTI- VITAMINS AND MINERALS

When it comes to vitamins, the multitasker – the multivitamin – plays an important role. A multivitamin is a supplement containing most of the vitamins and minerals your body needs to stay fit and healthy. There are all kinds of multi's: specifically for women or men, for children, for the elderly, for athletes, with high or low dosage.

Many people supplement their daily diet with a multivitamin. But how can you tell which are the good multivitamins? Because there are so many, it can be difficult to make the right choice. What should you pay attention to? What do you need? What standards should a good multivitamin meet?

## **Important points to consider with a multi**

**The dosage:** in which quantities do the tablets contain vitamins and minerals?

**The form:** in what form and compound are the vitamins and minerals included in the tablets?

**The additives:** what additives have been used to make the tablets and have additional substances been added to promote absorption?

We paid extra attention to these aspects in the production of our Multi Balans.

# MULTI BALANS

**Tablets with a balanced composition of vitamins and mineral compounds  
(suitable for vegetarians and vegans)**

A balanced and varied diet is the basis for good health. However, there are situations where it is not always possible to obtain all the vitamins, minerals, and other nutrients in optimal quantities. When experiencing stress, little sleep, little or a lot of exercise, bowel function discomfort, reduced immunity or recovery from illness, a dietary supplement can be important. In Multi Balans we developed a very complete product that consists of high-quality vitamins and mineral compounds that can be absorbed by your body. It is a complete addition to your diet.

## **What does this supplement consist of?**

- vitamins B2, B3, B5, B6, and B12, supplemented by the supporting substances choline, PABA and inositol, contributing to fitness
- vitamin K2 is incorporated in the form of MK-7, the organic active form of K2
- vitamin B11 (folic acid) and vitamin B12 are present in the organic, active form of Quatrefolic® and methylcobalamin, which ensures these substances are better absorbed and processed (the total folic acid content is sufficient to prepare for pregnancy)
- vitamin B6 has been incorporated in the active form P-5-P which research has shown to likely reduce the risk of accumulation
- vitamin A is combined with beta-carotene which your body can use to produce extra vitamin A if necessary (contains 54% of the daily recommended amount of vitamin A)
- vitamins C and E, and the minerals zinc and selenium protect your cells from oxidative damage and support your immune system
- vitamin D3 (from a plant source) and K together contribute to the maintenance of a normal bone structure.
- 10 various and important minerals
- the natural antioxidants lycopene, coenzyme Q10, alpha lipoic acid, zeaxanthin, lutein, and astaxanthin

### Composition per tablet

Vitamin A (retinyl palmitate)	434 mcg	54,3% RI*
Beta-carotene (natural)	2 mg	
Vitamin D3 (cholecalciferol) vegan	10 mcg	200% RI*
Vitamin E (vitamin E succinate)	25 mg	208.3% RI*
Vitamin K2 (MK-7)	45 mcg	60% RI*
Vitamin B1 (thiamine HCl)	15 mg	1363.6% RI*
Vitamin B2 (riboflavine (HF)	15 mg	1071.4% RI*
Vitamin B3 (niacinamide)	25 mg	156.3% RI*
Vitamin B5 (calcium pantothenate)	25 mg	416.7% RI*
Vitamin B6 (pyridoxaal-5-phosphate)	10 mg	714.3% RI*
Folic acid	300 mcg	150% RI*
Folic acid (5-MTHF glucosamine salt, Quatrefolic®)	100 mcg	50 % RI*
Vitamin B12 (adenosylcobalamine)	75 mcg	3000% RI*
Vitamin B12 (methylcobalamine)	75 mcg	3000% RI*
Biotin	100 mcg	200% RI*
Vitamin C (ascorbic acid)	100 mg	125% RI*
Borium (sodium borate)	0.500 mg	
Chromium (chromium picolinate)	30 mcg	75% RI*
Calcium (calcium citrate)	20 mg	2.5% RI*
Iron (iron bisglycinate)	4 mg	28.6% RI*
Iodine (potassium iodate)	100 mcg	66.7% RI*
Copper (copper citrate)	1 mg	00% RI*
Magnesium (magnesium citrate)	35 mg	9.3% RI*
Manganese (manganese citrate)	2 mg	100% RI*
Selenium (L-selenomethionine)	75 mcg	136.4% RI*
Zinc (zinc citrate)	10 mg	100% RI*
Inositol	25 mg	
Choline	25 mg	

Molybdenum (sodium molybdate)	50 mcg	100% RI*
Paba	10 mg	
Lycopene	500 mcg	
Coenzyme Q10 (ubiquinon)	5 mg	
Alpha lipoic acid (R-alpha lipoic acid)	5 mg	
Enzymes (protease, lipase, lactase, amylase, cellulase)		
Alfa-Amylase 24,000 U/g		
Neutral protease 6000 U/g		
Cellulase 200 CU/g		
Lactase 4000 ALU/g		
Lipase 1000 FIP/g		
Acid Protease 10000 HUT/	2 mg	
Zeaxanthin	0.500 mg	
Lutein	0.250 mg	
Astaxanthin	0.025 mg	

\*RI = reference intake for an average adult in %

### Ingredients

Minerals, cellulose (filler), vitamins, isomalt (binding agent), silica, magnesium stearate (anti-clotting agent), inositol, zeaxanthin, para-aminobenzoic acid (PABA), zeaxanthin, alpha-lipoic acid, lutein, co-enzyme Q10 (ubiquinone), enzymes (Digezyme®), algae (haematococcus pluvialis), lycopene, astaxanthin.



# AMINO ACIDS

Amino acids are the basis of all life processes and essential for any metabolic process. 20% of us consists of proteins and these are composed using 20 different amino acids.

Amino acids perform many functions, they not only structure the cells, but are also important for the transport and storage of all nutrients. They affect the functions of organs, glands, tendons, and veins. In some cases, due to circumstances, it may be necessary to supplement certain proteins, for example in the case of an unbalanced diet, illness, or sport. When you need which proteins is a very individual matter and it would be best to contact us to find out more.

## L-GLUTAMINE

Powder containing the amino acid L-Glutamine

L-Glutamine is an amino acid (a protein component) that occurs naturally in our diet. Glutamine is the most common amino acid in the intestinal epithelium, blood, tissues, and spinal fluid. In certain circumstances – such as with intensive sports – you may need more of this amino acid.

### Composition per scoop

5 grams L-Glutamine



### Ingredients

Pure natural L-Glutamine

# FIBERS

On average we need 30 to 40 grams of fiber per day. These should be part of your diet, including by eating cereals, nuts, seeds, vegetables, and fruits. Because of our eating habits, busy lifestyle, and in certain situations, you may need a supplement to your diet for good intestinal effect.

## PSYLLIUM HUSK

**Natural fibers of the *Plantago ovata* to promote a healthy bowel movement**

Psyllium fibers can make an important contribution to your daily fiber needs. They naturally stimulate your intestinal function and attract moisture, causing them to grow larger in your intestines. A good intestinal filling stimulates the intestinal wall, which stimulates the food in your intestines, which is conducive to the natural bowel movements. Another advantage of the fact that psyllium fibers attract moisture is that it helps soften the stool.

### Psyllium Husk can support

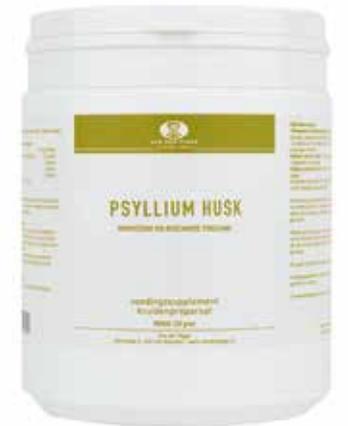
- bowel movements
- diet
- pregnancy
- loosening and thickening the stool
- promoting intestinal peristalsis as you age

### Nutritional value per 100 grams

Energy: 50 kcal/209 kJ,  
Carbon hydrates  
(including dietary fiber): 91.6 grams  
Protein: 1.3 grams  
Fat: 0.3 grams  
Natrium (Na): 0.2 grams  
1 scoop is 4.5 grams

### Ingredients

Psyllium Fibers (*Plantaginis ovatae* testa/Ispaghula Husk).



# SPECIAL PRODUCTS

## GLUCOSAMINE COMPLEX

Powder with vitamin C for the support of healthy joints and bones

Glucosamine Complex contains glucosamine, chondroitin, and MSM (an organic sulphur compound). This complex is supplemented with vitamin C, calcium, and magnesium that contribute to maintaining normal bones and teeth and maintaining normal muscle function. Vitamin C supports healthy cartilage and healthy tissues.

### Composition per scoop (about 9 grams)

Glucosamine from 1014 milligrams of Glucosamine sulfate 2KCl	600 mg*
Sodium chondroitin sulphate (90%)	500 mg
Calcium (from citrate)	800 mg 96% RI**
Magnesium (from citrate)	400 mg 107% RI**
Vitamin C (ascorbic acid)	1000 mg 1250% RI**
MSM (organic sulphur)	500 mg

\* the elementary content of 600 mg

\*\* RI = reference intake for an average adult in %

### Ingredients

Calcium citrate, magnesium citrate, glucosamine sulfate-2-KCl, L-ascorbic acid, chondroitin sulfate (bovine), methyl sulfonyl methane.

**Do not use in case of hypersensitivity to crustaceans.**

This is a natural product: per charge there may be differences in taste.



# MULTIFLOR PROBIOTICA

## Vegetarian capsules containing broad-spectrum probiotics

Van der Pijge Multiflor Probiotica contains 16 different bacterial strains with a wide variety of individual properties. These strains have been carefully selected for acid and bile resistance, giving them a much better chance of surviving the journey from mouth to intestine. Each capsule contains at least 4 billion viable germs (guaranteed until the end of shelf life).

### The properties of our probiotics

- 16 identified strains (control of genetic imprint)
- demonstrated viability
- free of dairy and lactose

The capsules are stored in a dark glass jar that optimally protects them from light, moisture, and oxygen.

### Composition per daily dosage (1 capsule)

Bacterial mix of 16 strains (10 billion CFU\*/gram) 400 mg.  
Contains at least 4 billion bacteria per capsule.

Bifidobacterium bifidum	LMG 25628
Bifidobacterium animalis lactis	LMG 18314
Bacillus subtilis "natto"	LMG S-29373
Enterococcus faecium	LMG-S-28935
Lactococcus lactis	LMG 27352
Lactobacillus salivarius	LMG 9477
Lactobacillus rhamnosus	LMG 25626
Lactobacillus plantarum	LMG 26655
Lactobacillus helveticus	LMG 26307
Lactobacillus casei	LMG 6904
Lactobacillus delbreuckii bulgaricus	LMG 27274
Lactobacillus acidophilus	LMG 8151
Bifidobacterium longum	LMG 26652
Bifidobacterium infantis	LMG 25627
Bifidobacterium breve	LMG 13208
Saccharomyces boulardii	MUCL 53837

\*CFU = colony-forming units

### Ingredients

Bacterial cultures, rice flour (filler), vegetarian capsule (HMPC), Nu-Flow® (natural rice concentrate).





**VAN DER PIGGE**  
— SINDS 1849 —

We have 2 other booklets with product information available:  
**SKIN BALANCE**  
**SPECIAL SKIN CARE, MUSCLE AND JOINT CARE**

