

Exclusively at your medical practice: **Medivitan®**

- Fast and effective thanks to 100% bioavailability
- Lasting effect for up to 4 months<sup>1</sup>
- Noticeable revitalising effect

Your doctor will generally recommend a 4-week course of treatment. Even if the doctor's appointment may seem cumbersome at first, the outcome is worth it! Compared to tablets or drinking ampoules, the energising nutrients in **Medivitan®** are immediately and fully available to the body.



**Please feel free to contact us for advice!**

<sup>1</sup>Henning BF et al. Gerontology. 2001; 47(1): 30-5

\* To treat fatigue caused by combined deficiency of vitamin B6, vitamin B12 and folic acid that cannot be corrected through diet alone.



**Medivitan®IV pre-filled syringe, Medivitan®IV ampoules:** Combined deficiency of vitamin B6, vitamin B12 and folic acid in adults that cannot be corrected through diet alone. Contains sodium. For the risks and adverse reactions, read the package insert and consult your doctor or pharmacist; 08/2021

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**Because fatigue<sup>\*</sup>**  
needs rapid help

**Medivitan®**  
B6 + B12 + Folsäure

Check your  
symptoms  
now.



# Fatigue

## and its symptoms

Fatigue often develops gradually and can be a sign of deficient intake of the vital nutrients vitamin B6, vitamin B12 and folic acid.

- Exhausted
- Burned out
- Overloaded
- Lack of energy
- Tired
- Abnormal mood
- No energy
- Loss of appetite
- Nervous
- Irritable
- Stressed

...

As fatigue can follow a true downward spiral, it is important to take it seriously as soon as the first signs appear.

If fatigue continues for an extended period, the body loses its regenerative abilities, and symptoms can deteriorate. Restorative treatment can help!

## Fatigue has many causes.

The causes of vitamin B deficiency and the resulting fatigue vary from individual to individual, and there can be many triggers:

### Increased vitamin B requirement

- Dual stresses of family and work
- Caring for relatives
- Extreme stress at times of crisis
- Menopause
- Stress
- Fever, frequent infections
- Chronic pain
- Intensive sport/ competitive sports
- Smoking



### Impaired absorption

- Chronic gastrointestinal disorders
- Reduced ability of the body to absorb nutrients with age



### Malnutrition and under-eating

- Chewing problems (common in the elderly)
- High fast food consumption
- Long-term dieting
- Vegetarians or vegans
- Altered eating habits

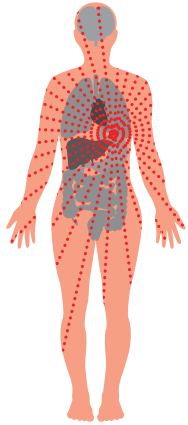


### Inadequate intake due to medication use

- Antidiabetic agents
- Medicines for heartburn
- Anti-asthma drugs
- Oral contraceptives



## Effective replenishment of B vitamin stores.

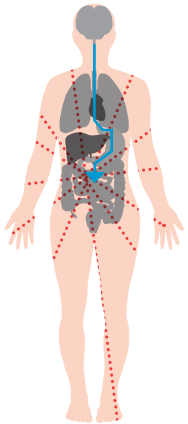


### Rapid effect through injection or infusion

**Medivitan®** is injected or administered as an infusion at your medical practice. In this way, the vital nutrients are **100%** available to the body and are rapidly distributed via the bloodstream. As a result, the revitalising effect is often apparent after just the first dose and lasts for several months.

### The disadvantage of tablets and drinking ampoules

People often try to replenish empty B vitamin stores by using tablets or drinking ampoules, as oral administration seems more convenient at first glance. But there is a problem: only about **1%** of the vitamin B12 ingested in this way actually reaches the bloodstream. Replenishing vitamin stores can take several weeks via this route. Impaired absorption can also make uptake more difficult or even almost impossible. This is also true for high-dose oral products.

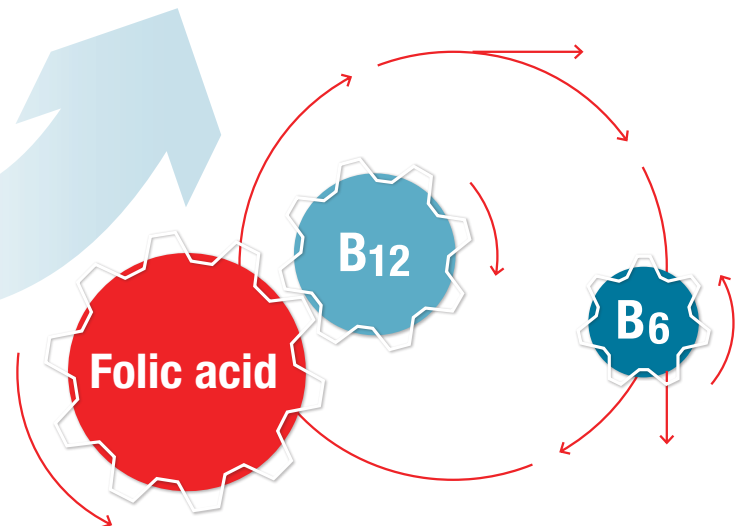


Oral intake

## Specifically balanced composition

**Medivitan®** provides the exact composition that the body requires to regain lost energy and combat fatigue. The unique restorative treatment has been purposefully designed to support cell metabolism and optimal nerve function.

The specific combination and dose of vitamin B6, B12 and folic acid is decisive for its efficacy. Leaving out just one of these substances would greatly disrupt the reactions between the agents and block cell metabolism processes that are important for the body. This would have the effect that vital substances such as hormones and neurotransmitters cannot be produced in adequate quantities.



# Check-up:

## How fatigued am I?

**A:** Sometimes   **B:** Often   **C:** Very often

1 | I feel exhausted quickly, and I am also tired during the day..... ☐ A ☐ B ☐ C

2 | I have problems falling asleep and staying asleep, and I am still tired in the morning..... ☐ A ☐ B ☐ C

3 | I often have headache, stomach pain or back pain..... ☐ A ☐ B ☐ C

4 | I have a nervous disposition and often react irritably..... ☐ A ☐ B ☐ C

5 | My physical performance has markedly deteriorated..... ☐ A ☐ B ☐ C

6 | Because I find it harder to do things, I get even more stressed..... ☐ A ☐ B ☐ C

7 | I am often let down by my concentration and memory..... ☐ A ☐ B ☐ C

8 | I am no longer able to manage my personal and professional contacts properly; it stresses me out too much... ☐ A ☐ B ☐ C

9 | I have a tendency to think too much; the thoughts going round in my head are just about work..... ☐ A ☐ B ☐ C

### Take the vitality test:

For each of the following twelve question, circle the answer that best applies to you, and then see your result. You can also show your doctor the completed test.

10 | My mood is low more frequently and I can no longer pull myself out of it..... ☐ A ☐ B ☐ C

11 | I ask myself more frequently what I am doing it all for; it all seems so pointless..... ☐ A ☐ B ☐ C

12 | I am taking medication for heartburn, diabetes, rheumatic disease, asthma or oral contraception..... ☐ A ☐ B ☐ C

### Mostly A

No real reason to be concerned. But remain vigilant. Generous recovery phases help you meet any challenges.

### Mostly B

To counter the risk of entering a spiral of fatigue, you should take proactive measures as soon as possible, such as regular movement, high-vitamin foods, and relaxation training. It is probably best that you also talk to your doctor about appropriate measures.

### Mostly C

You are probably already deep in the spiral of fatigue. You should definitely do something about this now. Show your doctor this test, and undergo a thorough examination. Your doctor will then recommend an appropriate treatment for you.