

**«MENSE» biologically active dietary supplement.**

Not a drug.

Certificate of State registration

№ RU.77.99.57.003.R.001525.05.21 dated 11.05.2021.

TS 10.89.19-113-58693373-2018 as amended by Amendment 1.

Presentation: 500 mg capsules.**Ingredients:** beta-alanine, gelatin capsule (gelatin, dye: titanium dioxide), soy isoflavone extract, ascorbic acid (vitamin C), carrier: microcrystalline cellulose, griffonia extract, tocopherol acetate (vitamin E), calcium D-pantothenate (vitamin B₅), free flowing agents: silicon dioxide and stearic acid magnesium salt, pyridoxine hydrochloride (vitamin B₆), folic acid (vitamin B₉), cyanocobalamin (vitamin B₁₂).**BIOACTIVE SUBSTANCES CONTENT PER CAPSULE:**

Ingredient	Amount	%
Vitamin B ₁₂	1,5 µg	150 ^{1,*}
Vitamin B ₉	260 µg	130 ^{1,*}
Vitamin C	60 mg	100 ¹
Vitamin E	7,5 mg	75 ¹
Vitamin B ₆	1,0 mg	50 ¹
Vitamin B ₅	2,5 mg	42 ¹
Isoflavones	25 mg	50 ²
Beta-alanine	200 mg	–
5-hydroxytryptophan	25 mg	–

¹ – % of recommended daily consumption according to TRCU 022/2011 (Appendix 2).² – % of adequate intake level according to the Uniform Sanitary Epidemiological and Hygienic Requirements for Products Subject to Sanitary and Epidemiological Supervision (Control) (Annex 5).

* – does not exceed the maximum permissible consumption level.

Recommendations for use: for women, 1 capsule 1–2 times a day with meals. Course duration is 1 month.

If necessary, the course may be repeated under doctor's advice.

Suggested use: recommended as a dietary supplement, an additional source of vitamins B₁₂, B₉, C, E, B₆, B₅, source of isoflavones, containing beta-alanine, 5-hydroxytryptophan.**Contraindications:** individual intolerance to the ingredients, pregnancy and breastfeeding.

Consult your healthcare provider before use.

Storage conditions: out of the reach of children at a temperature not exceeding 25 °C.**Sales:** in pharmacies, specialized dietary food shops, specialized departments of food stores.**Shelf life:** 2 years.**Manufacturer:** Ⓟ «VTF» Ltd., Russia, 601125, Vladimirskaya Obl., Petushinsky District, Volginsky settlement, Zavodskaya St., building 107.

Ⓟ «Biosphera» Ltd., RF, 152020, Yaroslavskaya Obl., Pereyaslavl-Zalessky, Magistralnaya St., 10a.

The letter in the marking window indicates the production address.

Organization authorized to accept claims: JSC «AKVION», Russia, 123112, Moscow, Presnenskaya embankment, 8, bld. 1, 8th floor, room IN, apt. 11. Tel.: +7 (495) 780-72-34.

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The supplier and the organization authorized to accept claims from consumers in the Republic of Belarus: «FARMIN» ODO, Republic of Belarus, 220125, Minsk, 177-62 Nezavisimost' Avenue, tel.: (017) 269-88-00.