OSTREA

COMPOSITION PER TABLET
Oyster extract 165 mg
Taurine 100 mg
Magnesium 56,25 mg 15%*
Zinc 10 mg 100%*
Ginseng extract 50 mg
Vitamin B1 1,1 mg 100%*
Vitamin B2 1,4 mg 100%*
Vitamin B3 (niacine) 16 mg 100%*
Vitamin B6 1,4 mg 100%*
Vitamin E 12 mg 100%*
Coenzyme Q10 50 mg
Extramel® extract 20% 10 mg
*= % RDA = % of the recommended daily allowances

GENERAL INFORMATION
OSTREA tablets contain a highly concentrated oyster extract from the Crassostrea gigas oyster, rich in minerals and amino acids. OSTREA is enriched with Coenzyme Q10, Panax ginseng C.A. Meyer, taurine and zinc. This combination is supplemented by magnesium, vitamin E and some vitamins of the vitamin B group (B1, B2, B3 and B6).

One tablet of OSTREA contains as much taurine as 75 fresh oysters.

Oyster extract
Oysters have long been regarded as a gourmet delicacy and are also said to improve performance. This shellfish is one of the strongest animals in the world. The oyster can, despite the possession of a tiny muscle of less than a centimeter, keep its shell so firmly closed that it cannot be opened without tools. It can resist a weight of 5 kilograms, more than 150 times its own bodyweight, for about 10 hours. A weight of 30 kilograms (900 times its own body weight) can be endured for 20 minutes.

Zinc
OSTREA is rich in zinc. Zinc contributes to a normal function of the immune system. It plays an important role in the brain, since it contributes to a normal cognitive function.

Ginseng
Ginseng has been used for centuries in Oriental countries as a stimulant for the body and mind. At that time ginseng root was so rare and expensive that only very rich people could enjoy the influence of the ginseng root. Ginseng root is still used to support the body during physical exertion and to counteract fatigue.

Vitamin E
Vitamin E contributes to the protection of cells from oxidative stress and thus protect the body.

Magnesium
Magnesium contributes to a reduction of tiredness.

Vitamins B1, B2, B3 and B6
Vitamins B1, B2, B3 and B6 support the normal functioning of the energy metabolism.

INSTRUCTIONS FOR USE
• Children aged 12 and over: 1 tablet every other day during or after breakfast.
• Adults: 1 tablet a day during or after breakfast.
• To achieve long-term effects, it is recommended to take OSTREA for one month.
Do not exceed the recommended daily quantity.

A food supplement should never be used as a replacement for a varied, well-balanced diet and healthy lifestyle.

N.B.
After taking OSTREA tablets you may notice a slight tingling and reddening of the face for a few minutes, caused by the vitamin B3 (niacin). This reaction is normal!

OSTREA contains oyster extract. People that are sensitive to shellfish can obtain allergic reactions after intake of OSTREA.

DO NOT take just before going to bed as you may experience disturbed sleep.

Diabetics and pregnant women should consult their doctor before taking this product.

SHELF LIFE
Keep out of reach of children. Do not store above 25°C. This product is stable until the date indicated on the packaging.

PACKAGING AND DELIVERY
Box of 30 tablets. Freely available at the pharmacy.

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Belgium
www.qualipharm.com