





FOOD SUPPLEMENTS

*Omega 3 - Vitamin - Mineral - Herb*

**OMEGA 3 PRODUCTS**

**LIQUID PRODUCTS**

**VITAMIN & MULTIVITAMIN  
PRODUCTS**

**JOINT HEALTH  
PRODUCTS**

SINA VITAL is a brand of SINA PHARMA.



# OMEGA 3 PRODUCTS





## OMEGA 3 FISH OIL

- The omega-3 fatty acid found in fish provides protection against cardiovascular diseases.
- It also has a positive effect on many diseases such as depression, cancer, high blood pressure, type 2 diabetes, kidney diseases, bone diseases and high cholesterol.
- It helps to lower triglyceride levels, lower bad cholesterol (LDL) and increase good cholesterol (HDL).
- Good fat is essential for repairing cell membrane lipids.
- The amount of unsaturated fat on the membranes is related to the electrical conductivity as well as the flexibility and thinness of the membrane.
- EPA, one of the omega-3 fatty acids, provides a protective effect on cardiovascular health.
- DHA is effective on the nervous system.
- Fish oil; it must be safe in terms of heavy toxic substances such as arsenic, lead and mercury.
- Fish oil is a sensitive substance and it is recommended to be taken with a strong antioxidant as it oxidizes very quickly when taking it into the body.

Ingredients	Each 1 Softgel Contains	%DRV*
Fish Oil	1000mg	
EPA	180 mg	
DHA	120 mg	
* Daily Reference Value		





## OMEGA 3 FISH OIL & VITAMIN

- Omega-3 is one of the most important essential fatty acids that the human body cannot synthesize and must be taken from outside.
- It is considered necessary for the healthy continuation of many vital activities from childhood.
- In reducing the incidence of asthma and respiratory diseases,
- In the prevention of insulin resistance in obese children,
- In attention deficit and hyperactivity syndrome,
- In strengthening the immune system,
- Supporting brain, eye and nervous system development with DHA,
- Increasing learning, concentration and problem solving ability,
- It helps in the development of mathematical intelligence.



Ingredients	Each (10 ml) Contains	%DRV*
Fish Oil	1700 mg	
EPA	306 mg	
DHA	204 mg	
Vitamin C	35 mg	43.75
Vitamin A	900 µg RE	112.5
Vitamin B6	0.7 mg	50
Vitamin D	10 µg	200
Vitamin E	3 mg-TE	25
* Daily Reference Value		

**Suggested Use:**  
Recommended dosage is daily 1 or 2 times (5-10 ml).  
Please take orally with plenty of water.





**LIQUID  
PRODUCTS**

**VITAMINS  
MINERALS  
HERB EXTRACTS**



## MULTIVITAMIN FISH OIL ZINC

- Multivitamin, an orange flavored sweet that can be easily consumed by children, supports physical and mental development by meeting daily vitamin, mineral and omega-3 needs.
- To support daily nutrition,
- In meeting the deficiency of the vitamin that increases in cases of illness, infection, fatigue and weakness,
- It also helps to regulate the problem of appetite.
- Zinc is an important trace element that is necessary for the functioning of the body and the continuity of metabolism.
- It is necessary for the normal functions of the immune system and for the activity of the necessary hormone (thymulin).
- Zinc also has positive effects on wound healing, growth and development.

Ingredients	Each (10 ml) Contains	%DRV*
Fish Oil	200 mg	
Vitamin C	35 mg	43.75
Zinc	10 mg	100
Nicotinamide	18 mg NE	112.5
Vitamin B2	1.7 mg	121.43
Vitamin B1	1.4 mg	127.3
Vitamin A	900µg RE	112.5
Vitamin B6	0.7 mg	50
Vitamin D	10µg	200

\* Daily Reference Value

**Suggested Use:**  
Recommended dosage is daily 1 or 2 times (5-10 ml).  
Please take orally with plenty of water.





## BETA GLUCAN VITAMIN C

- Natural immunity derived from the cell wall of baker's yeast system booster.
- It enables white blood cells to defend more effectively and quickly.
- Preventing viral and bacterial infections and it helps to strengthen the immune system
- It prevents the formation of many types of cancer.
- Vitamin C, which is an effective defense tool against.



Ingredients	Each 10 ml Contains	%DRV*
Beta-Glucan	100 mg	
Vitamin C	65 mg	81,25
* Daily Reference Value		

**Suggested Use:**  
Suitable for 4-14 years old 2.5 ml once a day and for above 14 years old adults 2.5 ml twice a day on full stomach.





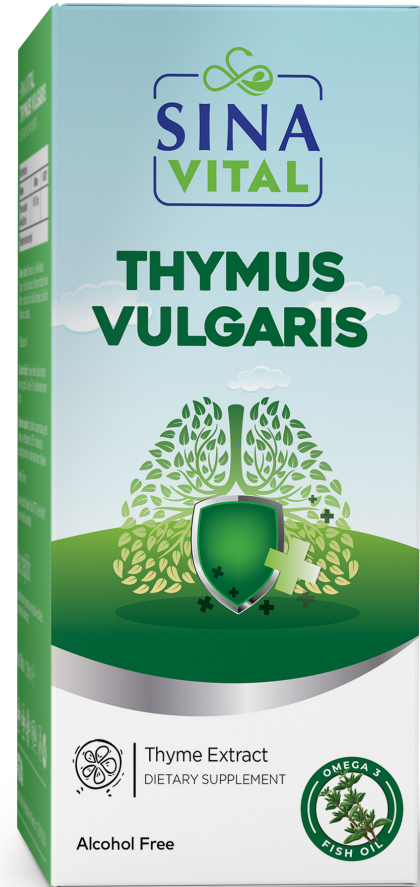


## THYMUS VULGARIS

- The magnificent power of nature shows itself in the thyme plant.
- Contains plenty of vitamins A and C, with iron, manganese and copper minerals.
- The essential active ingredient of the plant, ethereal essential oils, mixes with the blood and affects the bronchial muscles, and shows the property of dissolving cramps. At the same time, they prevent the formation of bacteria in that area.
- Because of these effects, thymus vulgaris extract shows expectorant (expectorant), antimicrobial and bronchial relaxant (bronchodilator) properties.

Ingredients	Each (15 ml) Contains	%DRV*
Thymus vulgaris		
(Thyme Extract)	681,75 mg	
* Daily Reference Value		

**Suggested Use:**  
Recommended dosage is daily 3-5 times (15 ml).





**VITAMIN &  
MULTIVITAMIN  
PRODUCTS**



## MULTIVITAMIN & MINERAL

- It is a food supplement containing multivitamins and minerals. It contains multivitamins and minerals that can help meet your daily vitamin and mineral needs. It contributes to the required normal energy production metabolism, reduction of fatigue and exhaustion, and normal function of the immune system.
- Each of these vitamins and minerals that formula contain very important functions in many parts of the body.
- It has positive effects on hypertension patients.
- It provides tooth formation and strengthening, bone formation and strengthening, muscle contraction, providing the necessary blood pressure, blood coagulation in our body.
- Deficiency of these vitamins may cause dysfunction in the heart, kidneys and people feel tired, sluggish, restless. Sleep patterns are disrupted, effects such as memory loss, cramps, kidney failure and learning difficulties occur.
- Therefore, vitamins and minerals can be taken both through food and supplements, as our body needs a constant supply. The main benefits of these Vitamins are keeping your bones strong, improving lower high cholesterol levels in the body, as well as being used to treat respiratory or vascular disorders and help the brain function normally and strengthen memory.

Ingredients	Each 1 Tablet Contains	%DRV*
Magnesium	150 mg	40
Calcium	100 mg	12.5
Vitamin C	70 mg	87.5
Vitamin B3	20 mg NE	125
Vitamin E	20 mg -TE	166.67
Iron	17 mg	121.43
Zinc	15 mg	150
Vitamin B5	6 mg	100
Vitamin B6	6 mg	428.57
Vitamin B1	3 mg	272.73
Vitamin B2	2 mg	142.86
Natural Mixed Carotenoids	2 mg	
Copper	1000 µg	100
Folic Acid	500 µg	250
Biotin	150 µg	300
Iodine	140 µg	93.33
Vitamin K	40 µg	53.33
Selenium	30 µg	54.55
Vitamin B12	6 µg	240

\* Daily Reference Value

**Suggested Use:**  
Recommended dosage is daily 1 tablet once a day





## VITAMIN C + VITAMIN D + ZINC

- Vitamin C is also known as ascorbic acid. It is a water-soluble vitamin, since human body cannot produce this vitamin it must be taken externally.
- Vitamin C is required for collagen biosynthesis, plays a major role in wound healing.
- Vitamin C strengthens the immune system so it can fight off infections.
- Zinc: is needed for the proper growth and maintenance of the human body. It is found in several systems and biological reactions including immune system health, fertility, growth, and wound healing.
- Vitamin D3 mainly comes from animal sources such as fish oil, fatty fish, liver, and egg yolks. When your skin is exposed to sunlight, it produces vitamin D3. For this reason, it is sometimes referred to as the sunshine vitamin.
- Vitamin D3 makes the metabolism work better. Thus, it has important effects on the immune system.
- It is a type of vitamin that has very important functions in many parts of the body.
- It has positive effects on hypertension patients.

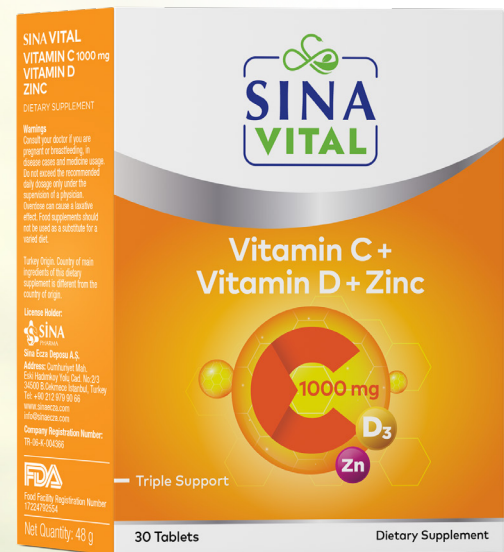


Ingredients	Each 1 Tablet Contains	%DRV*
Vitamin C	1000 mg	1250
Zinc	10 mg	100
Vitamin D3	10 mcg	200

\* Daily Reference Value

### Suggested Use:

Recommended dosage is daily 1 tablet once a day.





## VITAMIN A+C+D3 + ZINC DROP

-Vitamin C is also known as ascorbic acid. It is a water-soluble vitamin, since human body cannot produce this vitamin it must be taken externally.

- Vitamin C is required for collagen biosynthesis, plays a major role in wound healing.
- Vitamin C is a vital nutrient for infants as it repairs and develops skin cells, tissues and bones.
- It improves the baby's blood vessels and prevents bruising from minor injuries.
- Vitamin C strengthens the immune system so it can fight off infections.
- Zinc is needed for the proper growth and maintenance of the human body. It is found in several systems and biological reactions including immune system health, fertility, growth, and wound healing.



Ingredients	Each 1 ml Contains	%DRV*
Vitamin C	35 mg	43,75
Zinc	2 mg	20
Vitamin A	300 µgRE	37,5
Vitamin D3	10 µg	200

\* Daily Reference Value

### Suggested Use:

Recommended dosage is daily 1 ml one time a day. Suitable above 14 years old.





## VITAMIN D3

- Vitamin D3 mainly comes from animal sources such as fish oil, fatty fish, liver, and egg yolks. When your skin is exposed to sunlight, it produces vitamin D3. For this reason, it is sometimes referred to as the sunshine vitamin. Vitamin D3 makes the metabolism work better. Thus, it has important effects on the immune system. It is a type of vitamin that has very important functions in many parts of the body. It has positive effects on hypertension patients.

- Maintains bone and teeth health. Helps in preventing calcium deficiency, osteoporosis, and rickets and support healthy bones and teeth as well as the overall health of Nerves, Muscles, and Heart.



Ingredients	Each 1 ml Contains	%DRV*
Vitamin D3 (Cholecalciferol)	4000IU	2000
* Daily Reference Value		

### Suggested Use:

Recommended dosage is daily 1 drop one times a day.  
Suitable above 14 years old.





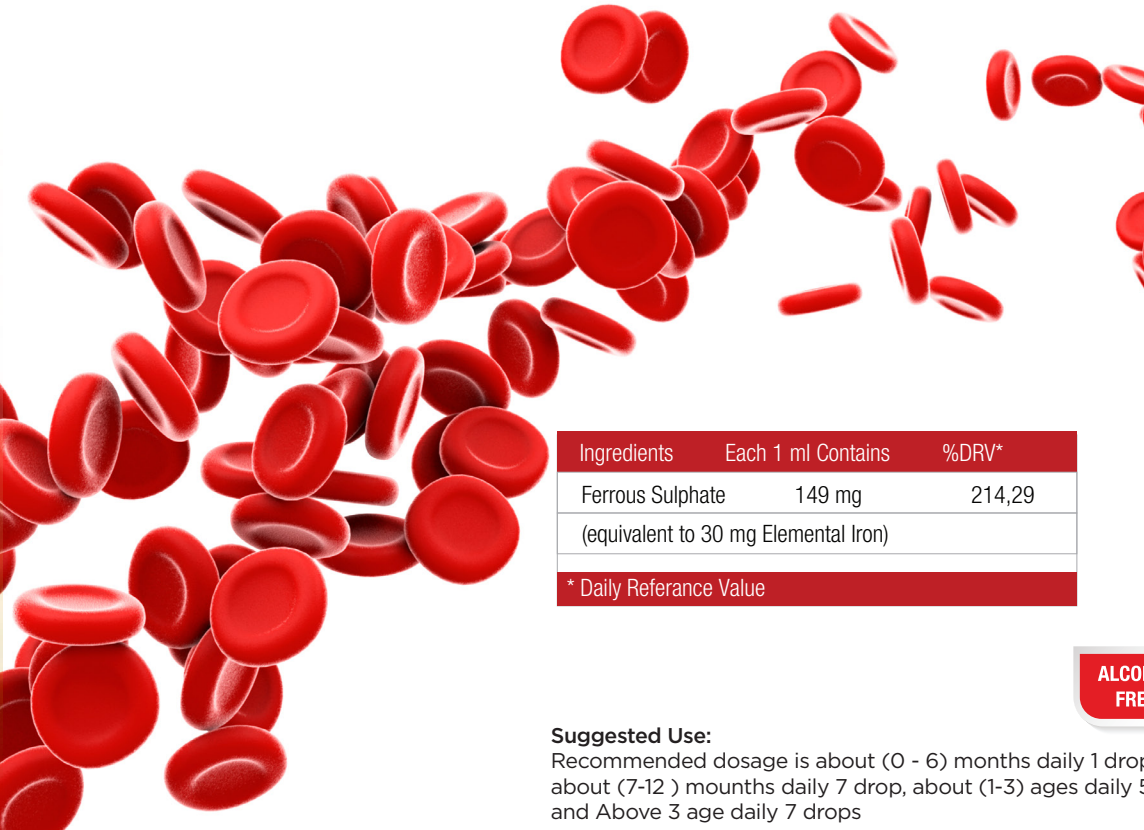
## IRON DROPS

-People primarily use ferrous sulfate supplements to prevent iron deficiencies, treat iron deficiency, anemia, and maintain normal iron levels. The supplements may prevent the adverse side effects of iron deficiency.

- People in certain stages of life have increased iron needs and are more susceptible to iron deficiency. Children, female adolescents, pregnant people, and those with a chronic diseases are some of the groups that may benefit most from ferrous sulfate.

- Iron also plays an important role in the formation of hormones, the health and development of the nervous system, and basic cell functioning.

- The body primarily uses iron as part of the red blood cell proteins myoglobin and hemoglobin, which are essential for transporting and storing oxygen.



Ingredients	Each 1 ml Contains	%DRV*
Ferrous Sulphate (equivalent to 30 mg Elemental Iron)	149 mg	214,29

\* Daily Reference Value



### Suggested Use:

Recommended dosage is about (0 - 6) months daily 1 drop, about (7-12 ) mounths daily 7 drop, about (1-3) ages daily 5 drops, and Above 3 age daily 7 drops



## MULTI VITAMIN & MINERAL

- Vitamins are essential for life in the cell, they are organic molecules that stimulate important reactions in metabolism.
- Their nomenclature comes from the Latin word “vita” meaning life.
- Vitamins are not hydrolyzed and can pass through the cell membrane. So they can pass into the bloodstream without being digested.
- Free radicals are formed when necessary energy is produced in the body. Free radicals damage mitochondrial DNA, lipids and proteins in the cell membrane. The use of vitamins and minerals is important to prevent the accumulation of these free radicals in the body and to ensure their excretion.

## VITAMIN C 1000 mg

- Vitamin C is also known as ascorbic acid. It is a water-soluble vitamin, because the human body cannot produce this vitamin it must be taken from outside.
- Excess vitamin C that is not stored in the body is excreted through sweat or urine.
- Vitamin C is a tool for strengthening the immune system.
- It prevents the formation of many types of cancer.
- It provides rapid healing of wounds, burns and bleeding gums.
- Scurvy, which has symptoms such as weakness, easily bleeding and receding gums, bruises on the skin, pain in the joints, does not occur in those who consume adequate amounts of vitamin C.
- Vitamin C, which is an effective defense tool against asthma, Studies have shown that it also protects body health in terms of insulin and glucose.
- Vitamin C deficiency causes muscle, bone and joint pain. As a result of impacts on the body, bruises occur easily, wounds are difficult to heal.



Ingredients	Each(1 Tablet) Contains	%DRV*
Calcium	160 mg	20
Phosphorus	128 mg	18.29
Magnesium	93.75 mg	25
Vitamin C	80 mg	100
Vitamin B3	16 mg	100
Vitamin E	12 mg-TE	100
Iron	14 mg	100
Zinc	7.5 mg	75
Vitamin B5	6 mg	100
Vitamin B2	1.4 mg	100
Vitamin B6	1.4 mg	100
Vitamin B1	1.1 mg	100
Copper	500 µg	50
Manganese	0.5 mg	25
Vitamin A	800 µg-RE	100
Folic Acid	200 µg	100
Vitamin K	75 µg	100
Iodine	75 µg	50
Beta Carotene	60 µg	**
Biotin	50 µg	100
Chromium	25 µg	62.5
Molybdenum	25 µg	50
Selenium	10 µg	18.2
Vitamin D	5 µg	100
Vitamin B12	2.5 µg	100
Silicon	0.002 mg	**

\* Daily Reference Value

\*\*No daily reference value.

Ingredients	Each 1 Tablet Contains	%DRV*
Vitamin C	1000 mg	1250

\* Daily Reference Value

### Suggested Use:

Recommended dosage is daily 1 tablet for adults.  
Drink it dissolved in 200 ml of water.

**ALCOHOL  
FREE**







## PRONATAL MULTIVITAMIN MINERAL

- Every pregnant mom wants the baby to have the healthiest start in life possible.
- A balanced diet alone is not enough. Make healthy life changes by taking supplements to cover the nutritional gap.
- Sinavital Pronatal Multivitamin Mineral is recommended before conception as certain nutrients play an important role for pre-pregnancy for a baby. For pregnant or breastfeeding women, nutrients are recommended throughout pregnancy. As they play an important role for a healthy development of the brain, spinal cord,organs and effect baby's bones and teeth.



Ingredients	Each 1 Tablet Contains	%DRV*
Folic Acid	500 µg	250
Biotin	150 µg	100
Copper	1000 µg	
Iodine	140 µg	93
Iron	17 mg	121
Calcium	100 mg	12,5
Magnesium	150 mg	50
Selenium	30 µg	
Natural mixed Carotenoids	2 mg	
Vitamin B1	3 mg	214
Vitamin B 2	2 mg	125
Vitamin B 3	20 mg	111
Vitamin B 5	6 mg	100
Vitamin B 6	10 mg	500
Vitamin B 12	6 µg	600
Vitamin C	70 mg	117
Vitamin D	400 IU	200
Vitamin E	20 mg	200
Vitamin K	40 µg	
Zinc	15 mg	100

\* Daily Reference Value

### Suggested Use:

Recommended dosage is daily 1 tablet for adults. It should only be taken on a full stomach.





## FERROUS SULPHATE FOLIC ACID

- Folic acid plays a role in blood formation, cell division, cell renewal and cell formation in the body.
- Folic acid is known to prevent the formation of many bad diseases such as heart attack, dementia and stroke by reducing arteriosclerosis. Folic acid supplementation recommended during pregnancy and even before pregnancy is an important vitamin for expectant mothers to have a healthy pregnancy and to prevent problems that may occur in the development of the baby.
- Our body can not make folate, so it must be taken from food supplement.
- Iron also plays an important role in the formation of hormones, the health and development of the nervous system, and basic cell functioning.
- The body primarily uses iron as part of the red blood cell proteins myoglobin and hemoglobin, which are essential for transporting and storing oxygen.



Ingredients	Each 1 Tablet Contains	%DRV*
Ferrous Sulphate	200 mg	625
(equivalent to 60 mg Elemental Iron)		
Folic Acid	400 µg	200

\* Daily Reference Value

**Suggested Use:**  
Recommended dosage is daily 1 tablet once for adults.





## VITAMIN A+B+C+D+E + CALCIUM SYRUP

-It is a food supplement containing multivitamins and minerals. It contains multivitamins and minerals that can help meet your daily vitamin and mineral needs. It contributes to the required normal energy production metabolism, reduction of fatigue and exhaustion, and normal function of the immune system.

- Deficiency of these vitamins may cause dysfunction in the heart, kidneys and people feel tired, sluggish, restless. Sleep patterns are disrupted, effects such as memory loss, cramps, kidney failure, learning difficulties occur.

- Therefore, vitamins and minerals can be taken both through food and supplements, as our body needs a constant supply. The main benefits of these Vitamins are keeping your bones strong, improving lower high cholesterol levels in the body, as well as being used to treat respiratory or vascular disorders and help the brain function normally and strengthening memory.

Ingredients	Each 10 mlContains	%DRV*
Vitamin A	4000 IU	
Vitamin D	400 IU	200
Vitamin C	70 mg	87,5
Vitamin E	3 mg	25
VitaminB1	1,5 mg	136,36
VitaminB2	1.7 mg	121,43
VitaminB6	0,7 mg	50
Calcium(Gluconate)	80mg	10
Nicotinamide	18 mg	
Zinc	5 mg	50
Dexpanthol	4 mg	66,67

\* Daily Reference Value

### Suggested Use:

Recommended dosage is about (0 - 6) month daily 2.5 ml, (6 months - 3 years) daily 5 ml, (3 - 12) year old daily 7.5 ml and Above 12 years old daily 10 ml.





**JOINT  
HEALTH  
PRODUCTS**





## GLUCOSAMINE SULPHATE CHONDROITIN SULPHATE MSM TYPE II COLLAGEN

- It is benefit for joint and muscle pain, so it is a product preferred by everyone, especially athletes.
- It is a powerful anti-inflammatory.
- It also has an anti-aging effect. It reduces wrinkles and prevents age spots.
- Studies show that this supplement promotes joint health and helps slow the breakdown of fluid between joints.



Ingredients	Each 1 Tablet Contains
Glucosamine Sulphate	750 mg
Chondroitin Sulphate	600 mg
MSM (Methylsulfonylmethane)	125 mg
Vitamin C	30 mg
Type II Collagen	20 mg
Hyaluronic Acid	10 mg
Boron	1.5 mg
Manganese	1 mg
Selenium	30 mcg

\* Daily Reference Value



**Suggested Use:**  
Recommended dosage is daily twice 1 tablet in the morning and evening, use with plenty of water.



## EGG SHELL BOSWELLIA SERRATA HYALURONIC ACID TYPE II COLLAGEN

- It is benefit for joint and muscle pain, so it is a product preferred by everyone, especially athletes.
- It is a powerful anti-inflammatory.
- It also has an anti-aging effect. It reduces wrinkles and prevents age spots.
- Studies show that this supplement promotes joint health and helps slow the breakdown of fluid between joints.



Ingredients	Each 1 Capsule Contains
Egg Shell Membrane	300 mg
Boswellia Serrata	100 mg
Type II Collagen	40 mg
Hyaluronic Acid	25 mg
Vitamin D3	400 IU

\* Daily Reference Value

### Suggested Use:

Recommended dosage is daily twice  
1 Capsule in the morning and evening,  
Use with plenty of water





FOOD SUPPLEMENTS  
*Omega 3 - Vitamin - Mineral - Herb*

SINA VITAL is a brand of SINA PHARMA.



**Sina Eczza Deposu A.Ş.**

Cumhuriyet Mh. Eski Hadimkoy Yolu Cd. No:2/3 34500 B.Cekmece İstanbul, Turkey

Tel: +90 212 979 90 66 info@sinaecza.com

[www.sinaecza.com](http://www.sinaecza.com)

