

TECHNICAL FILE

FOSPID.IN[®] Food supplement
based on Glucosamine, Biotin and Phosphatidylcholine
with Fospidina Complex of Fosfolipids and Glucosamine

1. **Indications:** biotin contributes to maintaining the normal skin.

2. **Active ingredients:**

- **Phosphatidylcholine** as one of the major phospholipids, phosphatidylcholine is essential for the structure, plasticity and functionality of cell membranes. Phospholipids create a characteristic double layer within, that recognizes the channels for cellular transport of ions and molecules important for cell metabolism.
- **Glucosamine** is an amino-monosaccharide and is one of the main precursors of glycosaminoglycans such as hyaluronic acid and proteoglycans, together with collagen are essential components of the connective tissue which constitutes, among others, skin and joints.
- **Biotin** is an "essential" water-soluble vitamin belonging to the B group, which the human body can't produce. Therefore must be introduced to the daily diet. It plays a coenzymatic role in many metabolic reactions, especially those catalyzed by carboxylase involved in the biosynthesis of fatty acids, some amino acids and in neoglucogenesis. Its integration contributes to the maintenance of wellness and trophism of skin, mucous membranes and hair.

3. **Product name:** FOSPID.IN[®] food supplement.

4. **Ingredients:** GLUCOSAMINA SOLFATO POTASSIO CLORURO, AGENTE DI CARICA: FOSFATO DICALCICO; FOSFATIDILCOLINA 30% (DA LECITINA DI SOIA), AGENTE ANTIAGGLOMERANTE: BISSIDO DI SILICIO; AGENTI DI RIVESTIMENTO: IDROSSIPROPILMETILCELLULOSA, TALCO; COLORANTE: CALCIO CARBONATO; AGENTE ANTIAGGLOMERANTE: SALI DI MAGNESIO DEGLI ACIDI GRASSI; AGENTE DI RIVESTIMENTO: POLIETILENGLICOLE; COLORANTE: OSSIDI DI FERRO; BIOTINA (D-BIOTINA)

GLUTEN FREE AND NATURALLY LACTOSE FREE

Apporti medi degli ingredienti caratterizzanti per dose massima giornaliera	pari a 1 cpr	% VNR*
Glucosamina	150 mg	
Biotina	50 mcg	100%
Fosfatidilcolina 30%	45 mg	



*VNR: valore nutritivo di riferimento (Reg. EU n. 1169/11)

5. **Confection:** 30 tablets containing 408 mg

6. **How to use:** 1 tablet per day take with water. We recommend using in combination with our **dermocosmetic FOSPID[®] Active Serum**

7. **Warnings:** do not exceed the daily-recommended dose. Food supplements do not replace a varied, well balanced diet or a healthy lifestyle. Keep out of reach of children under 3 years.

8. **Shelf life:** 36 mesi.

9. **Storage conditions:** store at room temperature in a cool, dry place away from sunlight, moisture and direct heat sources. The date of minimum durability refers to the unopened product package appropriately stored.

10. Produced for **Skinius Srl** 14 Durini St. - 20122 Milan plant of 18/20 San Giuseppe St. - 20861 Brugherio (MB).