

Medication plan
for SIMD patients

Preparation	Daily dose	Time of intake	Additional information
Zinc gluconate 30	1 tablet	With main meal	Alternatively, use Zinc Vital 14
Zinc Vital 14	1 tablet	With main meal	Alternative to zinc gluconate 30
Magnesium orotate	2–4 tablets	In the morning and evening	Can be adjusted as needed
Hevert B-Complex	2 tablets	With main meal	Vitamins B1, B6 and B12
Hevert B-Complete All in One	1 tablet	With main meal	Vitamins B1, B2, B3, B5, B6, B7, B9 & B12
Calcium gluconate 1000	1-3 ampoules	1 ampoule in the morning as needed	

Instructions for use:

- Regularity: Regular use supports the metabolism and nervous system.
- Zinc and magnesium: Promote the absorption and processing of B vitamins.
- Meals: Taking with meals promotes absorption and minimises possible stomach irritation.
- Online ordering: Hevert B-Komplex and Hevert B complete are available online, e.g. from Bio Apo.