















FITMED



FITMED daily provides 4 Essential Minerals, Vitamins & 6 Essential amino acids along with balanced diet helps to maintain healthy lifestyle.

FITMED has **Ginseng**, the most impressive health benefits of ginseng includes its ability to **stimulate the mind**, reduce stress, prevent aging and increase sexual potency.





FITMED has Selenium for proper thyroid and immune system function. It also has Biotin, which gives additional benefits for long hair growth & Proper metabolism.

Each tablet contains	Quantity	
Biotin	30	MCG
DL-Methionine	2.2	MG
Elemental iron	7.5	MG
Elemental Magnesium	7.43	MG
Elemental Seleniium	10	MCG
Elemental Zinc	5	MG
Ginseng	42.5	MG
L-arginine	13.28	MG
L-histidine	4.35	MG
Isoleucine	8.25	MG
L-leucine	13.45	MG
L-lysine	11.07	MG
L-Valine	7.91	MG
Methylcobalamin	1	MCG
Niacinamide	12	MG
Taurine	500	MG
Vitamin A	600	MCG
Vitamin C	40	MG
Vitamin D	5	MCG
Vitamin E	8	MG