



ag

# Daily Essentials

*Data Sheet*

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





## Your Daily Companions for Everyday Life

Vitamins & Minerals for Your Immune System

### Vitamins & Minerals for Your Immune System

DAILY ESSENTIALS optimally supports your nervous and immune systems.

- Immune Support
- Nerve Health
- Energy & Vitality Boost
- High Bioavailability
- Essential Nutrient Combination

## What is Daily Essentials?

Each product in this set – **MULTI**, **OMEGA**, and **MAGNESIUM** – has been carefully selected to provide you with comprehensive basic nutrition and effectively close the gaps in a modern, often unbalanced diet.

**MULTI:** Our natural vitamin complex provides all the necessary vitamins and trace elements essential for your daily nutrition, supporting a variety of your bodily functions – from strengthening your immune system to promoting your nerve health.

**OMEGA:** With a high content of EPA and DHA from sustainable fishing, OMEGA provides essential support for your heart, brain, and eyes – ideal if you don't regularly consume Omega-3 fatty acids in your diet.

**MAGNESIUM:** Our organic magnesium complex promotes muscle function, supports energy production, and helps reduce fatigue. Magnesium contributes to electrolyte balance. Due to its high bioavailability and improved tolerability, it is an essential component of your daily supplementation.

With **DAILY ESSENTIALS** you get:

A complete supply of all essential nutrients for the day. 100% natural ingredients, free from

gluten, lactose, and fructose. Targeted support for your immune system, heart, brain, and eyes. Optimized bioavailability and maximum nutrient absorption.

Ideal for you if you want to meaningfully supplement your diet and support an active, healthy lifestyle.

Trust **DAILY ESSENTIALS** for your daily dose of well-being, energy, and vitality.

## Why Daily Essentials from artgerecht?

- Vitamins & Minerals for Your Immune System<sup>1</sup>
- Supports Nerves & Muscles, Reduces Fatigue<sup>2</sup>
- High Content of EPA & DHA for Heart & Brain
- 100% Natural: Free from Gluten, Lactose, and Fructose

## Frequently Asked Questions

### What is the DAILY ESSENTIALS Set suitable for?

Often, small changes are enough to activate processes in the body that positively affect our overall sense of well-being. That's why we have combined 3 products that optimally complement your diet. The DAILY ESSENTIALS Set includes MULTI, OMEGA, and MAGNESIUM, offering a variety of bioactive substances. These products provide the body with essential micronutrients, vitamins, minerals, trace elements, and Omega-3 fatty acids needed daily.

### Why is MAGNESIUM included in DAILY ESSENTIALS?

Magnesium is an essential mineral for the human body, and ensuring an adequate supply is crucial. With the organic magnesium complex, you get a good supply of magnesium with the best bioavailability for maximum nutrient absorption. Magnesium helps reduce fatigue, supports electrolyte balance, aids in normal energy metabolism, ensures the normal functioning of the nervous system, and helps maintain normal bones.

### Why is MULTI included in DAILY ESSENTIALS?

Each day, our body requires various micronutrients in the form of vitamins, minerals, and trace elements to ensure the optimal functioning of all bodily processes. It's not always easy to cover the necessary variety and intake through diet alone. One MULTI capsule daily helps with the necessary supply and variety in your diet.

### Why is OMEGA included in DAILY ESSENTIALS?

One of the most important sources of Omega-3 fatty acids is fatty fish. However, for those who avoid fish or are unable to include enough in their diet, our OMEGA is the perfect solution. OMEGA contains a high percentage of essential Omega-3 fatty acids, EPA and DHA (Eicosapentaenoic acid and Docosahexaenoic acid). DHA contributes to the maintenance of normal brain function and vision. EPA and DHA help maintain normal heart function. The positive effects are seen with a daily intake of 250 mg of EPA and DHA.<sup>3</sup>

## Additional information

- SKU/MPN: 24013
- Customs tariff number: 4000000024013

● Version: 18.12.2025



---

1) The vitamins A, C, D, and the trace elements selenium and zinc in MULTI contribute to the normal function of the immune system. 2) The vitamins B1, B2, B3, B6, B7 (biotin), B12, and iodine contribute to the normal function of the nervous system. Magnesium helps reduce fatigue and tiredness. 3) These claims correspond to the health claims of the European Commission, confirmed by the European Food Safety Authority (EFSA).