

Tasting menu

BIERGIST | KRUIDVAT

Brown tablets to swallow

Brewer's yeast, vitamin B3, biotine, selenium and zink

Umami and rich

VEGAN VITAMIN D | KRUIDVAT

Small chewing tablets

Cholecalciferol

Fruity and sweet

VITAMIN D3 | LUCOVITAAL

Transparent balls to swallow

Vitamin D3

Soft and juicy

MY HAIR GUMMIE | KRUIDVAT

Bunny shaped gummies

Vitamin A, vitamin D3, vitamin E, vitamin C, vitamin B6, folic acid, vitamin B12, vitamin B8, vitamin B5, zink, kaliumiodide, choline, inositol

Forest fruits, rich

CRANBERRY | HEMA

Sweetened solvable purple tablets

Cranberry extract, vitamin C

Sweet and sparkly

MAGNESIUM | KRUIDVAT


White tablets to swallow

Magnesium oxide

Powdery and tasteless

 = gluten free

 = vegetarian

 = vegan

Background information for tasting leader

BIERGIST

Amount: 3 per person

Serve with: a dark beer and a cheesy snack

Effect: keep skin healthy and enhance regeneration properties, keeps hair strong and shiny

One sip of beer without pill, then one sip with a pill, then one bite of the snack. Repeat until all pills are finished. If there is beer or snacks left, take away immediately.

VEGAN VITAMIN D

Amount: 1 per person

Serve with: a leaf of basil

Effect: good for muscles, the immune system and bones and teeth

Wrap the tablet into the basil leaf and chew until ready to swallow.

MY HAIR GUMMIE

Amount: 2 per person

Serve with: roasted carrots

Effect: normal hair growth, keeping hair shiny

Make sure the people who washed their hair in the last 6 hours skip this part of the tasting. Also don't let people who will not benefit from normal hair growth participate

CRANBERRY

Amount: 1 per person

Serve with: mint chocolates and a glass of water (200ml) to solve it in

Effect: enhances women's immune system

Women: eat 2 mint chocolates before drinking.

Men: eat 1 mint chocolate before drinking, and 1 after.

MAGNESIUM

Amount: 1 per person

Serve with: espresso

Effect: lessens tiredness and is good for the nervous system, supports muscles

As this is good for the muscles, have everybody do a little exercise before taking the pill.

VITAMIN D3

Amount: 1 per person

Serve with: custard or vla

Effect: unsure

Put one vitamin ball on a spoon of the custard or vla.