



Milk Thistle Capsules

Nutritional supplement
with silymarin, choline and zinc

Useful information:

The milk thistle (*Silybum marianum*) is a remarkably pretty, violet-flowering plant with spiky stems and leaves which belongs to the composite plants. It is mainly to be found in the Mediterranean region, and grows there on dry, stony ground, at the sides of paths and livestock pastures. From its seed-like fruit, an effective substance complex can be obtained which is named based on the scientific designation for the milk thistle, Silymarin. Only healthy livers can produce bile, which is important for the digestion. This is why we have added the substance choline, which is like a vitamin and is proven to contribute towards a normal lipometabolism and helps maintain and normal, healthy liver function. The trace element zinc is a component of many enzymes and makes an important contribution towards a normal metabolism, including fats, fatty acids, carbohydrates and proteins.

Ingredients: Choline Bitartrate, Milk Thistle Fruit Dry Extract (29 %), Corn Starch, Gelatin, Zinc Gluconate, separating agent Magnesium Stearate.

Each capsule contains 200 mg dry extract of milk thistle fruits.

	per capsule (= daily dose)	% of NRV recommended daily dose*
Milk thistle fruit dry extract	200 mg	**
of which silymarin (UV)	160 mg	**
Choline	90 mg	**
Zinc	5 mg	50

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

**no reference value available yet

Recommended dose: swallow 1 capsule per day with sufficient liquid.

Not suitable for pregnant and breastfeeding women.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 90 capsules = 61 g

Art. No. 1811

Eti0424



Artichoke Capsules

Nutritional supplement with cynarin and choline

Useful information:

The artichoke (*Cynara scolymus*) is a thistle-like plant from the daisy family, which originally comes from the Mediterranean region. Connoisseurs like its bitter, delicately aromatic taste. Furthermore, people have been aware of its unique positive properties since ancient times. Its contents, and especially the bitter substance cynarin, are exceptionally valued after enjoying ample, high-fat meals. We have added the nutrient choline, which is a component of many foods. Choline contributes towards a normal lipometabolism.

Ingredients:

Artichoke extract (56 %), Maltodextrin (bulking agent), Choline Bitartrate, Gelatine, Mikrocrystalline Cellulose (bulking agent), Magnesium Stearate (separating agent).

Each capsule contains 350 mg artichoke extract corresponding with 4200 mg artichoke with min. 2.5 % cynarin and 50 mg choline.

	per capsule	per daily dose (= 2 capsules)	per 100 g capsules
Artichoke extract	350 mg	700 mg	56 g
of which cynarin	8.75 mg	17.5 mg	1 g
Choline	50 mg	100 mg	8 g

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

Recommended use:

Take 2 capsules per day after meals with sufficient liquid.

Store protected from light, dry and below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 150 capsules = 91 g

Art. No. 1812

Eti0424



Bitter Substance Tablets Herbadigestiv

Dietary supplement

Facts to know:

Bitter substances are an important component of our alimentation. They are necessary for a sufficient production of digestive body fluids. Unfortunately, the bitter substances which are naturally contained in our food, were always more and more bred off so that many aliments such as grapefruits, chicory, brussel sprouts, radicchio or artichokes do not taste so bitter as they did in the past.

Bitter Substance Tablets supply your body with the bitter substances of gentian root, blessed thistle, dandelion herb and chicory herb that support the digestion in a natural way.

Ingredients: Filler Microcrystalline Cellulose, Gentian Root, Blessed Thistle, Dandelion Herb, Chicory, separating agents Silicon Dioxide.

	per tablet	per daily dose (=4 tablets)
Gentian root	100 mg	400 mg
Blessed thistle	100 mg	400 mg
Dandelion herb	100 mg	400 mg
Chicory herb	100 mg	400 mg

No nutrient reference value for the daily intake according to VO (EU) No. 1169/2011 has yet been established.

Recommended dosage:

Take 3-4 tablets before the main meals. The tablets should be swallowed with sufficient liquid.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 150 tablets = 93 g

Art. No. 1459

Eti1123