



## Pumpkin-Nettle Root-Capsules

Nutritional supplement

### Good to know:

Saw palmetto fruit (sabal), pumpkin seeds and nettle roots are certainly no longer an "insider tip", not least because of their widely known positive properties, which are particularly appreciated by men of mature age. Ideally supplemented with the vital substances vitamin C, zinc and vitamin B2, the body is supported in protecting the cells from oxidative stress, maintaining a normal testosterone level and ensuring the healthy function of the mucous membranes.

**Each capsule contains** 150 mg dry extract of pumpkin seeds (10:1), 150 mg dry extract of nettle root (7-9:1) and 90 mg sabal fruit extract.

**Ingredients:** Dry Extract of Nettle Root 7-9: 1 (24%), Dry Extract of Pumpkin Seed 10: 1 (24%), **Lactose** (bulking agent), Gelatine, Sabal Fruit Extract (15%), Corn Starch (bulking agent), Silicon Dioxide (release agent), Maltodextrin (bulking agent), Tapioca Starch; Vitamin C, Zinc Gluconate, Vitamin B2, Magnesium Stearate (release agent).

	per capsule	per daily dose (=3 capsules)	% of NRV recommended daily dose*	per 100 g capsules
Dry extract of nettle root (7-9: 1)	150 mg	450 mg	**	24 g
Dry extract of pumpkin seeds (10:1)	150 mg	450 mg	**	24 g
Sabal fruit extract	90 mg	270 mg	**	15 g
Vitamin C	26.7 mg	80 mg	100	4.3 g
Zinc	2 mg	6 mg	60	0.3 g
Vitamin B2	0.467 mg	1.4 mg	100	75 mg

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

\*\* no reference value available yet

### Recommended use:

Take 1 capsule 3 times daily with sufficient liquid.

Not suitable for pregnant and breastfeeding women, and children and adolescents under 17 years of age. Do not take capsules if you are taking Coumarin-type blood thinning medication and/or are sensitive to the ingredients.

Keep out of direct sunlight. Store dry and not above 25°C.

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

**Contents 180 capsules = 109 g**

Art. No. 9290

Eti0123