Herbafit

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, Magnesium Stearate (separating agent).

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 use:
Swallow 1 capsule 1 x daily with sufficient liquid.

Not suitable for pregnant and nursing mothers.

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.

Contents 120 capsules = 82 g

Art. No.: 9390

Eti0224