

Yam Root Capsules

Nutritional supplement

Good to know:

Of the 600 different types of yams eaten in Asia, Africa and America for centuries as a vegetable, we only use the Mexican wild yam for our capsules.

This plant is valued because of its precious ingredients and especially the diosgenins contained in it. Diosgenin supports hormonal activity like progesterone and harmonises the periodic hormone changes in the female body.

Each capsule contains 250 mg yam root extract (20:1), rich in diosgenin. This corresponds to 500 mg yam extract (10:1).

Ingredients: Yam root extract 20:1 (49 %), Corn Starch, Gelatine, Maltodextrine, bulking agent Calcium Carbonate, separating agent Magnesium Stearate.

Recommended dosage: swallow 1-2 capsules per day with sufficient liquid.

Not suitable for pregnant women.

	per capsule	daily dose (= 2 capsules)
Yam root extract 20:1	250 mg	500 mg
of which Diosgenin	50 mg	100 mg

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

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

Food 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 120 capsules = 53 g

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