

Artichoke Capsules

Nutritional supplement

Good to know:

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. Its contents, and especially the bitter substance cynarin, are exceptionally valued after enjoying ample, high-fat meals. We added the nutrient choline which is contained in many foods. Choline contributes to a normal fat metabolism and the maintenance of a normal liver function.

Ingredients:

Artichoke Extract 12:1 (63 %), filler: Maltodextrin; Gelatin, Choline Bitartrate, filler: Microcrystalline Cellulose; separating agent: Magnesium Stearate.

Each capsule contains 400 mg of artichoke extract with at least 10 mg cynarin and 30 mg choline.

	per capsule	per daily dose (=3 capsules)	per 100 g capsule
Artichoke Extract	400 mg	1200 mg	63 g
Cynarin	mind. 10 mg	30 mg	1,6 g
Choline	30 mg	90 mg	4,7 g

No EU recommendation available for RDA daily requirement.

Recommended use:

Swallow 1 capsule 3 times each day 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.

Contents 180 capsules = 112 g

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