

Garlic Mistletoe Hawthorn Capsules

Nutritional supplement
with the vitamins B1, B2 and B12

Useful information:

Garlic, mistletoe and hawthorn have been known and appreciated as foodstuff since ancient times. The very popular garlic (*Allium sativum*) is characterised by its unique, pungent essential oil, which features the main ingredient alliin, and from which allicin is formed. In combination with mistletoe (*Viscum album*) and hawthorn (*Crataegus monogyna*), the full spectrum unfolds for the body, spirit, heart and circulatory system. The extra addition of thiamin (vitamin B1) is proven to contribute towards a healthy heart function. The B2 vitamin riboflavin plays an important role in the reduction of tiredness and fatigue. Vitamin B12 supports a vital, normal energy metabolism.

Ingredients: Garlic Powder (23 %), Mistletoe Powder (23 %), Hawthorn Leaves with Blossom Powder (18 %), Gelatine, bulking agent Microcrystalline Cellulose, separating agent Magnesium Stearate, Vitamin-B1-Mononitrate, Vitamin B2, Vitamin B12.

Recommended dose: swallow 2-3 capsules 3 x per day with sufficient liquid.

	per capsule	per daily dose (= 9 capsules)	% of NRV recommended daily dose*
Garlic powder	100 mg	900 mg	**
of which allicin	0.2 mg	1.8 mg	**
Mistletoe powder	100 mg	900 mg	**
Hawthorn leaves with blossom powder	80 mg	720 mg	**
Vitamin B2	0.5 mg	4.5 mg	321
Vitamin B1	0.4 mg	3.6 mg	327
Vitamin B12	0.88 µg	7.92 µg	317

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

** no reference value available yet

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.

Contains 480 capsules = 208 g

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