



Garlic Mistletoe Hawthorn Capsules

Nutritional supplement with garlic, mistletoe, hawthorn and the B vitamins

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 %), Gelatin, Microcrystalline Cellulose (bulking agent), Magnesium Stearate (separating agent), Vitamin-B1-Mononitrate, Vitamin B2, Vitamin B12.

	per capsule	per daily dose (=9 capsules)	% of NRV recommended daily dose*	per 100 g capsules
Garlic powder	100 mg	900 mg	**	23 g
of which allicin	0.2 mg	1.8 mg	**	0.05 g
Mistletoe powder	100 mg	900 mg	**	23 g
Hawthorn leaves with blossom powder	80 mg	720 mg	**	18 g
Vitamin B2	0.5 mg	4.5 mg	321	0.1 g
Vitamin B1	0.4 mg	3.6 mg	327	0.1 g
Vitamin B12	0.88 µg	7.92 µg	317	0.2 mg

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

** no reference value available yet

Recommended use: Swallow 2-3 capsules 3 x daily with plenty of 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.

Made in Germany

Contains 480 capsules = 208 g

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