



Herzfit Capsules

Nutritional supplement
with garlic, hawthorn and the vitamins B1, B2 and B12

Useful information:

The heart is the body's most important muscle and is the general motor for healthy and active life. The heart needs enough energy for it to supply the body with blood and oxygen. If the body does not get enough oxygen, we feel tired and exhausted, have poor condition or feel weak. The heart can only optimally perform its vital tasks when it is sufficiently supplied with essential vitamins and nutrients. Herzfit capsules have been developed for the following strong heart effects:

- Thiamin (vitamin B1) contributes towards a normal heart function.
- Thiamin (vitamin B1) and vitamin B12 contribute towards a normal metabolic energy rate.
- Riboflavin (vitamin B2) and vitamin B12 contribute towards the reduction of tiredness and fatigue.
- Garlic and hawthorn are traditionally valued in the maintaining the normal function of the heart and circulatory system.

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

Recommended dose: Swallow 1 capsule 3x per day with enough fluid.

	per capsule	per 3 capsules (=Daily dose)	% of RDA recommended daily dose*	per 100 g capsule
Garlic powder	200 mg	600 mg	**	35 g
Hawthorn leaves with blossom powder	200 mg	600 mg	**	35 g
Vitamin B2	1.4 mg	4.2 mg	300	244 mg
Vitamin B1	1.1 mg	3.3 mg	300	192 mg
Vitamin B12	2.5 µg	7.5 µg	300	0.44 mg

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

** no reference value available yet

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 = 101 g

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