



## Nasturtium Horseradish Capsules

Food supplement with natural vitamin C

**Useful information:** Nasturtium and horseradish are known to us above all as ornamental plants or as a spicy-hot side dish in salads or with meat and fish dishes. The mustard oils they contain are responsible for the spiciness. Nasturtium and horseradish have been traditionally grown in monastic gardens for centuries, not only because of their delicious taste, but also because of their remarkable, positive qualities. To support the body's own defences, we have supplemented our capsules with acerola extract. The contained natural vitamin C contributes to maintain a normal function of the immune system and protects the cells from oxidative stress. This will help your immune system, if it is particularly required due to external influences such as wet and cold weather or dry heating air.

**Ingredients:** Nasturtium Herb Powder (49%), Horseradish Root Powder (20%), Gelatine, Acerola Extract, Maltodextrin (bulking agent), Magnesium Stearate (separating agent).

	per capsule	per daily dose (= 9 capsules)	% of NRV recommended daily dose*	per 100 g capsules
Nasturtium herb powder	250 mg	2250 mg	**	49 g
Horseradish root powder	100 mg	900 mg	**	20 g
Acerola extract	55 mg	495 mg	**	11 g
of which vitamin C from the acerola cherry	9.4 mg	84.6 mg	106	2 g

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

\*\* no reference value available yet

**Recommended dose:** Swallow 3 capsules 3 times per day at or after meal times 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.

Made in Germany

**Contents 180 capsules = 89 g**

Art. No. 1452

Eti0523