

Cynara Complex – 100 tablets – Food supplement B106

Cynara Complex contains high-quality standardised dry herbal extracts (nebulisates).

Ingredients and herbs per 2 tablets:

- Cynara scolymus (artichoke 2.5% cynarin, leaf) 140 mg
- Taraxacum officinale (Dandelion 2% flavonoids, root) 140 mg
- Carduus marianus (Milk thistle 80% silymarin, herb) 140 mg
- Urtica urens/dioica (Nettle 4:1 extract, leaves) 140 mg
- Bupleurum chinensis (Bupleurum 4:1 extract, root) 80 mg
- Boldo (Peumus boldo 4:1 extract, leaf) 60 mg
- Solidago virgaurea (Goldenrod 4:1 extract, herb) 60 mg
- Fillers: rice starch, microcrystalline cellulose.
- Anti-caking agents: vegetable magnesium stearate and stearic acid, diglyceride, silicon dioxide.

Tips:

Drink plenty of water or herbal tea.

Get at least 30 minutes of exercise every day.

Eat a balanced diet with plenty of raw vegetables and fruit.

Avoid smoking and excessive coffee and alcohol consumption.

Use and warnings:

Adults take 1 tablet twice daily with meals. Do not use during pregnancy or while breastfeeding. Do not use for more than six weeks consecutively. People who are hypersensitive to the Compositae or Asteraceae plant family may not tolerate Silymarin and Solidago. Do not use if you are hypersensitive to any of the herbs or other ingredients in this product.