

Cynara Complex - Cynara-Complex - 100 tablets - Food supplement B106

Description

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

Ingredients and herbs per 2 tablets:

Cynara scolymus (Artichoke 2.5% cynarine, 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 (Gold screen 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, cottonseed oil, silicon dioxide. *This product does not contain gluten, soy or milk proteins.*

Tips:

Drink enough water or herbal tea
Take at least 30 minutes of exercise daily
Provide a balanced diet with sufficient raw vegetables and fruit
Avoid smoking and excessive coffee and alcohol consumption

Usage and warnings:

Adults take 1 tablet twice a day with meals. Do not use during pregnancy and lactation. Do not use for longer than six weeks at a time. People who are hypersensitive to the Compositae or Asteraceae plant family may not tolerate Silymarin and Solidago. Do not use in hypersensitivity to any of the herbs or other ingredients in this product. Do not exceed recommended dosage. Keep out of reach of children. A dietary supplement is not a substitute for a balanced diet. For more information about the simultaneous use of herbs and medicines, see (Dutch language):

<https://www.nvwa.nl/onderwerpen/voedingssupplementen-en-kruidenpreparaten/inhoud/risico-s-gelijktijdig-gebruik-van-kruidenpreparaten-met-geneesmiddelen>