



## Formofit Capsules

Nutritional supplement

### Useful information:

Formofit Capsules contain a specially prepared form of chitosan. This fibre is acquired from chitin, the main component of the shells of shellfish, and has an extremely high fat-binding capacity. This means that Formofit Capsules contribute towards maintaining the normal cholesterol level in the blood. According to a statement by the EFSA, the European Food Safety Authority, this positive effect is achieved with a daily intake of 3 grams of chitosan, which is guaranteed if the recommended daily dosage of 10 Formofit capsules is observed.

**Ingredients:** *Chitosan-succinate* (74 %, from *crustaceans*), Gelatine, filler Cornstarch.

	per capsule	per daily dose (= 10 capsules)	per 100 g capsules
Chitosan	300 mg	3000 mg	74 g

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

**Recommended dose:** Take 5 capsules with a large glass of water (at least 250 ml) immediately before the two meals of the day containing most fat.

As the capsules contain a lot of fibre, you should drink 2-3 litres of liquid each day.

To cover the requirements for liposoluble vitamins A, D, E and K and the essential fatty acids, we recommend that you only take Formofit Capsules with 2 of your 3 main meals. To do this, at least one meal containing high-quality oils and fats which supply the organism with the liposoluble vitamins and essential fatty acids should be eaten per day. A multivitamin preparation can also supplement the vitamin requirements.

If taking medicine, Formofit Capsules may only be administered in consultation with your doctor. If you are taking liposoluble medicinal products (the pill) or liposoluble vitamins or fatty acids (e.g. Omega-3 fatty acids), you must leave a gap of at least 4 hours before taking Formofit Capsules.

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 210 capsules = 83 g**

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