



Female Vitamin Capsules

Nutritional supplement
with evening primrose, borage seed and redcurrant seed oil

Useful information: Female vitamin capsules make a valuable contribution towards biological processes and metabolic processes in the female organism. Vitamin B6, for example, supports a normal homocysteine, protein and glycogen metabolic rate, the formation of red blood cells, regulation of hormonal activity, a healthy mind and nervous system and reduction of tiredness and fatigue. Skin-friendly B vitamins such as biotin ensure beautifully healthy skin and hair. Primrose, borage seed and currant seed oil support the positive effect with their high levels of essential fatty acids. Supplementing the daily diet with female vitamin capsules is recommended, as higher levels of vital substances are often needed during the monthly cycle or due to the taking the contraceptive pill.

Ingredients: Evening Primrose Oil, Gelatine, Borage Seed Oil, Blackcurrant Seed Oil, Glycerin (humectant), Vitamin E, Sunflower Oil (bulking agent), Silicium Dioxide (separating agent), Vitamin-B6-Hydrochloride, Iron Oxide (colourant), Vitamin B2, Vitamin-B1-Mononitrate, Folic Acid, Biotin, Vitamin B12.

	per capsule	per daily dose (2 capsules)	% of the recommended daily amount according to NRV*	per 100 g capsules
Evening primrose oil	500 mg	1000 mg	**	53 g
Borage seed oil	100 mg	200 mg	**	11 g
Blackcurrant seed oil	100 mg	200 mg	**	11 g
Total fat	700 mg	1400 mg	-	74 g
of which saturated fatty acids	71.95 mg	143.9 mg	-	8 g
unsaturated fatty acids	628.05 mg	1256.1 mg	-	66 g
of which unsaturated fatty acids	79.55 mg	159.1 mg	-	8 g
polyunsaturated fatty acids	548.5 mg	1097 mg	-	58 g
of which gamma-linolenic acid	83 mg	166 mg	-	8 g
Natural vitamin E (alpha TE)	18 mg (27 I.U.)	36 mg (54 I.U.)	300	2 g
Vitamin B6	2.4 mg	4.8 mg	343	253 mg
Vitamin B2	2.25 mg	4.5 mg	321	237 mg
Vitamin B1	1.65 mg	3.3 mg	300	174 mg
Folic acid	450 µg	900 µg	450	47 mg
Biotin	150 µg	300 µg	600	16 mg
Vitamin B12	4.5 µg	9.0 µg	360	0.5 mg

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

** no reference value available yet

Recommended dose: Swallow 2 capsules per day with sufficient liquid.
Biotin can have an effect on laboratory tests, please inform your doctor in this case.

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 60 capsules = 55 g

Art. No. 1800

Eti0421