



## Hawthorn Capsules

Nutritional supplement with hawthorn, iron and folic acid.

### Useful information:

The hawthorn (*Crataegus*) is native to the northern regions of Europe. Alongside paths and hedgerows, it can be recognised from May to June by its lush, white flourish of blossom and, later on, by its shiny red fruit. Together with the petals, the sharp thorns spread along the branches give the plant its name. The most important contents of hawthorn leaves are flavonoids, which belong to the secondary plant substances. We have added iron and folic acid (folate).

The following effects are scientifically confirmed

- Iron and folate contribute towards the reduction of tiredness and fatigue
  - Iron supports a normal energy metabolism and the transport of oxygen in the body.
- Folic acid has function in cell division and contributes towards normal production of blood.

**Ingredients:** Hawthorn Leaves with Blossom Powder (43 %), hawthorn fruit powder (18 %), Gelatin, Dry Extract from Hawthorn Leaves with Blossom (14 %), dry glucose; Dry Extract from Hawthorn Fruit (8 %), Iron(II)-gluconate, separating agents Magnesium Stearate, Silicium Dioxide; Folic Acid.

	per capsule	per daily dose (= 4 capsules)	% of NRV recommended daily dose*
Hawthorn leaves with blossom powder	200 mg	1000 mg	**
Hawthorn fruit powder	85 mg	340 mg	**
Dry extract from hawthorn leaves with blossom	65 mg	260 mg	**
Flavonoids made of hawthorn	3.3 mg	13.2 mg	**
Iron	2.5 mg	10 mg	71
Folic acid	80 µg	320 µg	160

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

\*\* no reference value available yet

**Recommended dose:** swallow 2 capsules 2 x per day with sufficient liquid.

Store protected from light, dry and 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 240 capsules = 109 g**

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