



Chitosan Capsules

Food supplement with chitosan and calcium

Interesting facts: Chitosan is derived from chitin, a substance that occurs naturally in numerous organisms. When taken as a dietary supplement, chitosan also contributes to 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 three grams of chitosan, which is guaranteed if the recommended daily dosage is observed. We have added calcium to chitosan, as this supports the normal function of digestive enzymes, among other things.

Ingredients:

Chitosan from Crustaceans (61%), Calcium Carbonate, Gelatin, anti-caking agent Magnesium Stearate.

	per capsule	per daily dose (= 8 capsules)	% of NRV recommended daily dose*
Chitosan	400 mg	3200 mg	**
Calcium	60 mg	480 mg	60

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

** no reference value available yet

Recommended use:

Take 4 capsules with sufficient liquid (at least 250 ml) half an hour before your main meal at lunch and in the evening or before high-fat meals. As this is a fibre-rich dietary supplement, you should drink 2–3 litres of fluid every day.

To cover the requirements for liposoluble vitamins A, D, E and K and the essential fatty acids, we recommend that you only take Chitosan Capsules with 2 of your 3 main meals. To do this, eat at least one meal per day that contains high-quality oils and fats, as this supplies the organism with the liposoluble vitamins and essential fatty acids.

If taking medicine, Chitosan Capsules may only be administered in consultation with your doctor. If you are taking liposoluble medicinal products (the pill) or liposoluble vitamins or essential fatty acids (e.g., Omega-3 fatty acids), you must leave a gap of at least 4 hours before taking Chitosan 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 240 capsules = 154 g

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