



Monk's Pepper Capsules

Food supplement with monk's pepper extract and magnesium

Useful information: Monk's pepper (*Vitex agnus-castus*) is a plant belonging to the Lamiaceae family. Originally from the Mediterranean region, this shrub has become a magnificent eye-catcher that now thrives in our climate. After flowering, the ripe fruits are highly valued in herbalism and have been used for generations in traditional remedies. Our capsules combine premium quality monk's pepper extract with magnesium, which contributes to a normal muscle function, the normal functioning of the nervous system and the reduction of tiredness and fatigue. These scientifically proven effects of magnesium can promote well-being and balance during menstruation and the menopause.

Ingredients: Acacia Fibre Powder, Magnesium Oxide, Hydroxypropyl Methylcellulose, Monk's Pepper Extract, Silicon Dioxide (separating agent), Maltodextrin.

	per capsule (= Daily dose)	% of NRV recommended daily dose*
Monk's pepper extract	8 mg	**
Magnesium	60 mg	16

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

** no reference value available yet

Recommended dose: Swallow 1 tablet daily with plenty of liquid at breakfast time. They should be taken over period of at least 3 months.

Not suitable for pregnant and breastfeeding women.

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

180 capsules = 78 g

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