



“Wechselfit” Capsules

For women going through a particular stage of life
Food supplement containing plant extracts, iron, coenzyme Q10 and vitamins

Useful information: Our formula is designed for women going through a particular stage of life. It contains selected plant extracts, as well as vitamins and minerals. The vitamin B6 helps to regulate hormonal activity, while the vitamin B12 supports mental function. Iron, a trace element, supports normal energy metabolism and helps to reduce tiredness and fatigue. Additionally, vitamins D3 and K2 help maintain healthy bones.

Ingredients: Hydroxypropyl Methylcellulose, Red Clover Extract, Hop Cone Extract, Iron(II) Gluconate, Pine Bark Extract (dry extract from *Pinus pinaster* Aiton), Maltodextrin, Coenzyme Q10, Microcrystalline Cellulose (bulking agent), Saffron Extract, Silicon Dioxide (separating agent), Lemon Balm Extract, Lactose, Vitamin B6 Hydrochloride, Vitamin D3, Glucose Syrup, Vitamin K2 (Menaquinone-7, MK-7), Vitamin B12.

	per capsule (=daily dose)	% of NRV recommended daily dose*
Red clover extract	100 mg	**
- of which isoflavones	20 mg	**
Hop cone extract	100 mg	**
- of which 8-prenylnaringenin	100 µg	**
Pine bark extract (Pycnogenol®)	60 mg	**
- of which procyanidins	38 mg	**
Saffron extract	30 mg	**
- of which crocin	0.9 mg	**
Lemon balm extract	30 mg	**
Coenzyme Q10	50 mg	**
Iron	7 mg	50
Vitamin D3	6.25 µg	125
Vitamin K2	50 µg	67
Vitamin B6	5 mg	357
Vitamin B12	5 µg	200

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

** no reference value available yet

Pycnogenol® is a registered trademark of Horphag Research. The use of this product could potentially be protected by one or more US patents and other international patents.

Recommended dose: Adults take 1 capsule daily at breakfast with sufficient liquid.

When taking synthetic antidepressants (psychotropic drugs), we recommend consulting the therapist. 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

30 capsules = 15 g

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