



Black-Garlic-Capsules

Nutritional supplement

Useful information: Black garlic is not a special variety, but naturally fermented white garlic. During fermentation, not only the colour changes, but also the flavour and smell. The prominent sulphur compounds are converted into antioxidative compounds (flavonoids). In this way, the typical intensive garlic smell is avoided, while the bioactivity increases. If you do not want to do without the abundance of healthy ingredients in garlic, but cannot tolerate or avoid the intensive flavour and smell, you will find an ideal and well concentrated alternative in black garlic.

Each capsule contains 500 mg black garlic extract with a defined content of flavonoids and S-allylcysteine.

Ingredients: Black Garlic Extract (83%), Gelatine, separating agents Silicon Dioxide and Magnesium Stearate.

	per capsule (= daily dose)	per 100 g capsules
Black garlic extract	500 mg	83 g
of which flavonoids	25 mg	4 g
S-Allylcysteine	1.25 mg	206 mg

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

Recommended dose: Swallow 1 x 1 capsule daily after a meal with sufficient fluid. In case of higher demand and good tolerability, you can increase the intake to 2 x 1 capsules daily.

People who are taking blood-thinning medication (anticoagulants) should consult a doctor prior to taking these 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 120 capsules = 71 g

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