Ingredients: Milk Thistle Seed Extract. Choline Bitartrate, Gelatine (capsule shell). Release agent: Magnesium Salts of Edible Fatty Acids.

1 capsule contains: Milk Thistle Seed Extract - 437 mg, containing Silymarin -350 mg. Choline - 82.5 mg.

Information for diabetics: 1 capsules contain 0.015 CE (carbohydrate exchange) units.

Caution: Do not exceed the recommended daily dose. Food supplements should not be viewed as a substitute for a balanced and varied diet and a healthy lifestyle. Keep the product out of sight and reach of children.







Food supplement with milk thistle seed extract and choline. Choline contributes to maintaining normal liver function and to normal homocysteine metabolism. Choline also contributes to normal fat metabolism.

MILK THISTLE

Recommended dose: Take 1 capsule daily with plenty of water.

Storage: Store this product in a cool, dry place and away from direct sunlight.

Best before end:

See date on base of container.

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NATURA VITALIS®

Contents: 90 capsules / 69 q