

Liveramin®

Food supplement
30 hard capsules



Composition: Each hard gelatin capsule contains:

Active ingredients: Milk Thistle seed extract 175 mg (standardized to 80% silymarin), Vitamin B3 25 mg, Vitamin B1 6,17mg, Vitamin B2 5 mg, Vitamin B6 1,50 mg

Excipients: microcrystalline cellulose, lactose monohydrate, magnesium stearate, silica colloidal anhydrous.

Capsule shells: gelatin, titanium dioxide E171, azorubine- carmoisine E122, indigotine E132.

Indications:

Liveramin® is a high-quality food supplement that contains milk thistle extract, the active substance of which is: silymarin. It also contains: vitamin B3 as nicotinamide, triamine as vitamin B1 base, vitamin B2 (riboflavin) and vitamin B6 (pyridoxine hydrochloride).

The intake of **silymarin** contributes to the detoxification of the body and to the improvement of liver functions, it helps to clean, protect and restore the destroyed cells of the liver, to normalize liver function and metabolism. Supports the function of the gallbladder, facilitates the functioning of the body after removal of the gallbladder. Improves the secretory and motor functions of the stomach and intestines. Strengthens the cardiovascular system. It has a powerful antioxidant and immunomodulating effect, stimulates the body's own antioxidant system.

Nicotinamide (**Vitamin B3**) helps, together with other B vitamins, for the smooth functioning of the metabolism. It is important for skin, nerves and cell nuclei. Vitamin B3 gives more endurance during training, more energy and helps muscle growth. The body can obtain the vitamin through food or produce it from the amino acid tryptophan. Vitamin B3 is stored in the liver, so supplies usually last four to six weeks. However, a lack can occur as a result of an unbalanced diet or illness

A balanced diet that contains all B vitamins is recommended. With dietary supplements containing vitamin B3, you can also compensate for any deficiency. B group vitamins are known as "brain food". Almost all of them are soluble in water and for this reason must be taken constantly, since they do not stay in the body.

Vitamin B1 supports the proper functioning of the vascular, nervous and muscle systems. Thiamine

contributes to the production of energy by helping to break down carbohydrates, proteins and fats more quickly, thus supporting normal digestion. Vitamin B1 contributes to the protection of nerve cells Ensures the good health of your heart, maintaining its normal pumping function.

Vitamin B2:

It contributes to the normal functioning of the nervous and cardiovascular systems
Helps reduce migraine pain
Improves general condition in anemia
It helps the creation of red blood cells in the body

Vitamin B6:

It favors the metabolism of carbohydrates, fats and proteins
It favors the functioning of the nervous system and the brain
Relieves PMS symptoms

Recommended daily dose

Maximal daily dose – 2 capsules

Warnings:

Keep out of the reach and sight of children.
Do not exceed the recommended daily dose.
Food supplement should not be used as a substitute for varied meals.
Do not take Liveramin® if you are allergic (hypersensitive) to the active substances or any of the other ingredient.
If you are pregnant or lactating, consult a health care professional before using this product.

Pack size:

30 hard capsules

Storage conditions

Store in a dry and light protected place at temperatures below 30° C.

Produced and packed by:

Adipharm EAD
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