

GALLMET®-Mix - A blend of natural bile acids and herbs to maintain **healthy digestive function**

FOOD SUPPLEMENT

Packaging: 60 capsules

Net weight: 27g

Natural source ox bile supports and supplements the bile production of the liver and bile flow and so contributes to maintaining a healthy digestive system.

Peppermint particularly supports intestinal microflora, white horehound helps to relax the gastrointestinal tract and maintain liver and gallbladder health. Fennel and liquorice aid digestion.

Ingredients: lyophilized ox bile; *bulking agent:* microcrystalline cellulose; *capsule shell:* hydroxypropyl methylcellulose; *herbs:* peppermint leaf (*mentha piperita*), white horehound (*marrubium vulgare*), marshmallow root (*althaea officinalis*), liquorice root (*glycyrrhiza glabra*), fennel (*foeniculum vulgare*); *anti-caking agent:* colloidal silicon dioxide; *capsule shell:* gellan gum.

Recommended intake: take 1-2 capsules before breakfast, before lunch and before dinner. Do not take on an empty stomach, there should be an adequate amount of food in the stomach! You can take up to 6 capsules per day according to your requirements. Do not exceed the recommended intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Slight diarrhoea and nausea may occur in the first few days, reduce intake or stop entirely if necessary.

Warning: Do not take if pregnant or if you have bilious attacks, or jaundice.

As with other food supplements, consult your doctor before taking this product if you are already taking any other medication.

Best before end: see side or bottom of box

Store in a cool, dry place. Keep out of the reach and sight of young children.

Possible side effects: nausea and diarrhoea if taken on an empty stomach * if exceeding the recommended intake * if taking more than your body accepts. The capsule does not disintegrate in the stomach but in the duodenum so please **always** take the capsule intact, never take it apart or cut it as the contents of the capsule are not good for stomach health without the instestinosolvent/enterosolvent capsule.

Ingredients per day	Number of capsules					
	1	2	3	4	5	6
Bile acids (mg)	100	200	300	400	500	600
Peppermint extract (mg)	10	20	30	40	50	60
White horehound extract (mg)	7.5	15	22.5	30	37.5	45
Marshmallow extract (mg)	7.5	15	22.5	30	37.5	45
Liquorice extract (mg)	7.5	15	22.5	30	37.5	45
Fennel extract (mg)	5	10	15	20	25	30



Country of origin: UK (primary ingredient – DE/ES)

Distributor: GALLMED Ltd., 77 High Street, Littlehampton, West Sussex, BN17 5AG, UK

Email: gallmed@gallmed.co.uk, **Website:** www.gallmet.co.uk

GALLMET® is a tested and complied product by international WESSLING laboratory (microbiology, contaminants, toxic substances, heavy metals, radioactivity, performance-enhancing drugs, allergy: lactose-free, gluten-free, casein-free). You can find the results of the tests on our website.

We provide the following information for making a choice between GALLMET®-Mix and GALLMET®-Natural. Both products contain bile acids in similar quantities but GALLMET®-Mix contains herbs as well. Herbs complement the bile acids but some people might react unfavourably to herbs. For those sensitive to the herbs in GALLMET®-Mix, we recommend the product GALLMET®-Natural. We recommend you use one of the products for 2-4 weeks, then the other and continue taking the one that gave a better effect or feeling.

The two products may be effective to a different degree depending on the user's individual state of health, sensitivity and reaction. It is not possible to exactly predict this in advance but the digestive effects of the two products are similar.

GALLMET®-Natural - Natural source bile acids to maintain **healthy digestive function**

FOOD SUPPLEMENT

Packaging: 60 capsules

Net weight: 24g

Ingredients: *bulking agent:* microcrystalline cellulose; lyophilized ox bile; *capsule shell:* hydroxypropyl methylcellulose; *anti-caking agent:* colloidal silicon dioxide; *capsule shell:* gellan gum.

Recommended intake: take one capsule before breakfast, 1-2 before lunch and one before dinner. Do not take on an empty stomach, there should be an adequate amount of food in the stomach! You can take up to 4 capsules per day according to your requirements. Do not exceed the recommended intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle. Slight diarrhoea and nausea may occur in the first few days, reduce intake or stop entirely if necessary.

Warning: Do not take if pregnant or if you have bilious attacks, or jaundice.

As with other food supplements, consult your doctor before taking this product if you are already taking any other medication.

Best before end: see side or bottom of box

Store in a cool, dry place.

Keep out of the reach and sight of young children.

Possible side effects: nausea and diarrhoea if taken on an empty stomach * if exceeding the recommended intake * if taking more than your body accepts. The capsule does not disintegrate in the stomach but in the duodenum so please **always** take the capsule intact, never take it apart or cut it as the contents of the capsule are not good for stomach health without the instestinosolvent/enterosolvent capsule.

Ingredient per day	Number of capsules			
	1	2	3	4
Bile acids (mg)	125	250	375	500

Country of origin: UK (primary ingredient – DE)

Distributor: GALLMED Ltd.

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