

GALLMET HEART PLUS

It contributes to cardiovascular health, maintaining normal levels of homocysteine, cholesterol and blood sugar. Trimethylglycine-based food supplement capsules with B vitamins and chromium.

A food supplement containing natural ingredients that contribute to cardiovascular health, normal cholesterol and blood sugar levels, and normal homocysteine amino acid metabolism.

Packaging: 90 capsules

Net weight: 66.2 g

Ingredients: trimethylglycine (TMG, betaine); *capsule shell:* (hydroxypropyl methyl cellulose); *bulking agent:* microcrystalline cellulose; Terminalia chebula fruit peel extract; vitamin B6 (pyridoxal-5-phosphate-monohydrate); *anti-caking agent:* magnesium stearate; vitamin B12 (methylcobalamin); folate (vitamin B9, calcium L-methylfolate); chromium picolinate.

TRIMETHYLGLYCINE (TMG), vitamin B9 (folate), vitamin B12 and vitamin B6 contribute to normal homocysteine amino acid metabolism.

TRIMETHYLGLYCINE contributes to the maintenance of a healthy heart by its ability to promote healthy homocysteine levels, thereby contributing to the normal functioning of the heart and vascular system.

Vitamin B9 (folate), vitamins B6 and B12 reduce elevated homocysteine levels.

Supplementing with vitamins B6 and B12 can reduce blood levels of the amino acid homocysteine, which may maintain heart and circulatory health.

Vitamin B12 (methylcobalamin) helps maintain normal blood levels of homocysteine.

TERMINALIA CHEBULA (HARITAKI, chebolic myrobalan) fruit peel extract is involved in the maintenance of cardiovascular health and has a role in maintaining normal blood sugar levels. It helps maintain heart strength and health. Helps maintain healthy blood. Contributes to normal cholesterol levels. Helps maintain normal blood sugar levels. Supports urinary tract health.

CHROMIUM is important for blood sugar levels, blood sugar tolerance, insulin function, normal carbohydrate, fat and protein metabolism. CHROMIUM is part of the enzymes required for carbohydrate and fat metabolism, it promotes carbohydrate and fat metabolism, helping to maintain body weight.

In addition to the individual effects of the ingredients, their combined effect is also important.

Recommended daily intake: a minimum intake of 1500 mg of trimethylglycine, i.e. 3 capsules, is required to achieve the beneficial effects. After meals: 3 x 1 **or** 1 capsule in the morning and 2 capsules in the evening. Do not exceed the recommended daily intake.

The product can be taken continuously as a general rule, but can also be taken as a cure. Blood tests should also include checking for adequate homocysteine levels, which is one of the key feedback factors for taking the product. The favourable changes in cholesterol and blood glucose levels induced by the product are also important feedback in the blood count.

WARNING: Taking more than 4000 mg of trimethylglycine per day will significantly increase cholesterol levels, which is unfavourable! The consumption of this product is not recommended for children under 18 years of age or for people sensitive to any of its ingredients. Vitamin B6 may cause urine to turn yellow, but this is completely harmless. Do not take any other products containing betaine (trimethylglycine, TMG), chromium, terminalia chebula, vitamins B6, B9 or B12 with GALLMET Heart Plus.

Store the product out of the reach of small children in a cool place (below 25°C). The food supplement is not a substitute for a balanced, varied diet and a healthy lifestyle.

Discuss your health problems with your doctor and/or healthcare professional.

| Active substances in daily dose by ingredient | Recommended 3 capsules per day | NRV % | Maximum daily amount of active substance (UL) |
|---|--------------------------------|----------|---|
| Trimethylglycine (TMG, betaine) (mg) | 1500 | ** % | # |
| Terminalia chebula extract (mg) | 50 | ** % | # |
| Vitamin B6 (pyridoxal-5-phosphate monohydrate) (mg) | 25 | 1 786 % | 100 mg |
| Vitamin B12 (methylcobalamin) (µg) | 500 | 20 000 % | 2000 µg |
| Vitamin B9 (folate) (µg) | 400.5 | 200 % | 1000 µg |
| Chromium (chromium picolinate) (µg) | 249 | 623 % | 250 µg |

NRV %: Recommended Daily Reference Intakes for adults in 3 capsules

** %: daily recommended amount not specified

#: Maximum daily amount of active substance not specified

Country of origin: EU & UK (primary ingredient betaine anhydrous origin: CN)

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

Email address: gallmed@gallmed.co.uk

Product website: www.gallmed.co.uk

Best before (shelf life: 3 years) indicated on the packaging: day-month-year

The product is protected by copyright!

The product has been tested and compliant by the international WESSLING laboratory in the following aspects: microbiology, contaminants, toxic substances, heavy metals, allergens: lactose, gluten and casein free. The testing document is available on the product website.

