

GALLMET® - M, entero solvent food supplement capsule containing natural bile acids and herbs for digestion and bile production support

Packaging: 30 (60, 90) capsules

Net weight: 13.5 (27, 40.5) g

Ingredients: liofilized ox bile; *filler:* microcrystalline cellulose; *capsule shell:* hydroxypropyl methylcellulose; *herbal extracts:* peppermint leaf (*Mentha piperita*), white horehound (*Marrubium vulgare*), marshmallow root (*Althaea officinalis*), liquorice (root of *Glycyrrhiza glabra*), fennel (*Foeniculum vulgare*); *anti-caking agents:* silicon dioxide, magnesium stearate; *capsule shell:* gellan gum.

Peppermint (*Mentha piperita*) contributes to normal stomach and intestinal functions, reduces tympany, white horehound (*Marrubium vulgare*) helps to relax the gastrointestinal tract, contributes to digestive health and to liver and gall bladder health. Liquorice (root of *Glycyrrhiza glabra*) supports gastrointestinal health. Fennel (*Foeniculum vulgare*) contributes to digestive health.

Recommended daily amount: 1-3x1-2 capsule(s) directly before main meals (breakfast, lunch, dinner) according to body weight and individual reaction. Do not take on an empty stomach, there should be an adequate amount of food in the stomach! Do not take more than the recommended amount! Store out of the reach of children in a cool dry place. The food supplement does not replace a balanced, varied diet and healthy lifestyle.

Possible side effects: nausea and diarrhea 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.

The product must not be taken in case of bilious attacks, jaundice caused by biliar tract passage blockage and during pregnancy. Depending on individual sensitivity, slight diarrhoea and nausea may occur in the first few days. Should a lasting diarrhea, nausea occur, reduce intake or stop entirely if necessary. Not recommended to be used with other biliary products. The consultation with specialist is recommended before using this product.

Active substances in the daily amount: in case of 3 main meals (breakfast, lunch, dinner) (maximum 6 capsules):

Number of capsules	1	2	3	4	6
Dried ox bile (mg)	100	200	300	400	600
<i>Mentha piperita</i> extract (mg)	10	20	30	40	60
<i>Marrubium vulgare</i> extract (mg)	7,5	15	22,5	30	45
<i>Althaea officinalis</i> extract (mg)	7,5	15	22,5	30	45
<i>Glycyrrhiza glabra</i> extract (mg)	7,5	15	22,5	30	45
<i>Foeniculum vulgare</i> extract (mg)	5	10	15	20	30

Country of origin: EU (primary ingredient: DE, ES)

Manufacturer: GALLMED® Ltd., Unit 22 Bulrushes Farm, Coombe Hill Road, East Grinstead, West Sussex, United Kingdom, RH19 4LZ, **Fax:** +44-020-3318-5893

email: gallmed@gallmed.co.uk, **website:** www.gallmed.co.uk

Distributor: GALLMED® Kft., Szarvas G. u. 3., Baja, 6500, Hungary

phone/fax: +36-79-326581, **email:** gallmed@gallmed.hu, **website:** www.gallmet.hu

For expiry see the date on the side of packaging: day-month-year



GALLMET is a tested and compliant 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-M and GALLMET-N. Both products contain bile acids in similar quantities but GALLMET-M 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-M, we recommend the product GALLMET-N. 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[®] - N, entero solvent food supplement capsule containing natural bile acids

Packaging: 30 (60, 90) capsules

Net weight: 12 (24, 36) g

Ingredients: liofilized ox bile; *fillers:* microcrystalline cellulose; *capsule shell:* hydroxypropyl methylcellulose; *anti-caking agent:* silicon dioxide, magnesium stearate; *capsule shell:* gellan gum.

Recommended daily amount: before main meals in the morning 1, at noon 1-2 and in the evening 1 capsule, according to body weight and individual reaction. Do not take on an empty stomach, there should be an adequate amount of food in the stomach!

Do not take more than the recommended amount! Store out of the reach of children in a cool dry place. The food supplement does not replace a balanced, varied diet and healthy lifestyle.

Active substances in the daily amount: in case of 3 main meals (breakfast, lunch, dinner) (maximum 4 capsules):

Number of capsules	1	2	3	4
Dried ox bile	125 mg	250 mg	375 mg	500 mg

Possible side effects: nausea and diarrhea 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.

The product must not be taken in case of bilious attacks, jaundice caused by biliar tract passage blockage and during pregnancy. Depending on individual sensitivity, slight diarrhoea and nausea may occur in the first few days. Should a lasting diarrhea, nausea occur, reduce intake or stop entirely if necessary. Not recommended to be used with other biliary products. The consultation with specialist is recommended before using this product.

Country of origin: EU (primary ingredient: DE)

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