



With love from the Cotswolds



Nutritionist approved



feel  
complete

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BB: 01/11/25  
BN: A1123010R



**Directions:** Take 1 capsule twice a day. **Each capsule must be taken with a meal and a large glass of cold water.**

Ingredients	2 capsules contain	NRV%*
<b>Organic Botanicals</b>		
Fennel Seed	100mg	**
Lemon Balm Leaf	75mg	**
Peppermint Leaf	70mg	**
Artichoke Leaf	60mg	**
Dandelion Leaf	60mg	**
Chamomile Flower	50mg	**
<b>Digestive Enzymes</b>		
Amylase (10,000DU)	370mg	**
Protease (20,000HUT)	50mg	**
Lactase (2,000ALU)	31mg	**
Cellulase (90CU)	30mg	**
Lipase (500LU)	20mg	**
<b>Live Cultures (12 Billion CFU)</b>		
Bifidobacterium longum (2 billion)	20mg	**
Lactobacillus acidophilus (3 billion)	15mg	**
Lactobacillus rhamnosus (4 billion)	13mg	**
Bifidobacterium infantis (1 billion)	10mg	**
Bifidobacterium breve (1 billion)	3mg	**
Lactobacillus plantarum (1 billion)	2mg	**

**Other Ingredients:** Vegetable cellulose (capsule)

\*NRV = Nutrient Reference Value \*\* No NRV Established

#### Warnings

Must be taken with food. Do not take if pregnant or breastfeeding. Please check with doctor before consumption if you have gallbladder removal or liver disease. Caution is advised for colitis, ulcerative/ gastric conditions of the stomach. If you are taking medication or under medical supervision, please consult your healthcare practitioner before taking any food supplement. Do not take if you have or suspected peptic ulcers. Food supplements are not to be used as a substitute for a varied, balanced and healthy diet. Do not exceed recommended dosage. Made in a facility that also processes allergens.

#### Storage

Store in a cool, dry place away from direct sunlight. Keep out of reach of children.