

# METHIONIN KOMPLEX

90 capsules



hair



strength



nails



skin

FOOD SUPPLEMENT

A complex composition  
contributing to  
the maintenance  
of the optimal condition  
of hair, nails and skin.

Content in the daily dose:  
500 mg L-Methionine,  
100 mg L-Cystein.



- ✓ highly absorbable form
- ✓ high content of essential amino acids

- ✓ rich source of silicon
- ✓ balanced complex of B vitamins

- ✓ contains natural ingredients
- ✓ has a positive effect on the overall state of the organism

## PRODUCT INFORMATION

### Use

The food supplement Methionin Komplex provides the body with a number of important substances to keep the hair, nails and skin in optimal condition. The product is suitable for women, men and teenagers who want to support the health and quality of their hair, nails and skin.

### Ingredients

| CONTENT IN DAILY DOSE (3 CAPSULES) | RHP*   |        |
|------------------------------------|--------|--------|
| L-Methionin                        | 500 mg | -      |
| Pumpkin extract, seed              | 140 mg | -      |
| L-Cystein                          | 100 mg | -      |
| Common horsetail extract           | 100 mg | -      |
| Malt extract**                     | 80 mg  | -      |
| B5 Vitamin (calcium pantothenate)  | 80 mg  | 2686 % |
| B2 Vitamin (riboflavin)            | 10 mg  | 1428 % |
| B1 Vitamin (thiamin)               | 2.8 mg | 510 %  |
| B6 Vitamin (pyridoxine)            | 2 mg   | 286 %  |
| B7 Vitamin (biotin)                | 300 µg | 1200 % |

\* Reference Intakes (Daily income reference values).

\*\* **VERY LOW CONTENT OF GLUTEN.** In compliance with the recommended dosage, the product is suitable for celiacs.

Additives: Silica (E 551), magnesium stearate (E 470 b), gelatin, purified water, calcium carbonate (E 170), modified starch (E 1450).

### Dosage and application

**2 capsules in the morning, 1 capsule in the evening during meals**

Drink the capsule with plenty of liquid, preferably unsweetened tea or water.

It is necessary to take the product over the long term to see the full benefits.

### Warning

Do not use in the event of allergies or hypersensitivity to any of its ingredients.

The product is not intended to be used as a substitute for a varied diet. The product is not suitable for children, pregnant and breastfeeding women and for people with cardiac or renal swelling.

Do not exceed the recommended daily dosage.

## EFFECT OF THE PRODUCT

The main active substances are the essential amino acids **methionine and cysteinein** in a well absorbable L-form and in a high concentration. They are an essential components of keratin protein, the basic building block of hair and nails.



One capsule contains a complex of B vitamins:

**Thiamine (B1)** – aids normal mental activity and keeps the nervous system working.

**Riboflavin (B2)** – has a significant effect on keeping the skin in good condition. It helps protect cells from oxidative stress and aids in normal iron metabolism.

**Pantothenic acid (B5)** – is involved in metabolizing all the nutrients in the body and contributes to its normalization. Its sufficient income reduces the level of fatigue and exhaustion.

**Pyridoxine (B6)** – helps regulate hormonal activity and aids normal energy metabolism. It also helps reduce fatigue and exhaustion.

**Biotin (B7)** – helps to keep the skin, hair and mucosa in good condition.



The supplement includes natural ingredients:

**Common horsetail extract** is a rich source of silicon, it helps to keep the skin, hair and nails in good condition.

**Pumpkin extract** is prepared by a specially developed technology. It contains a large amount of phytosterols, and also selenium and zinc.

**Malt extract** serves as a rich source of protein, vitamins and minerals. It has a salutary effects on the body's overall state.



### STORAGE

Store in the original package in a dry place at a temperature of up to 25 °C.

### SHELF LIFE

18 months.

Manufacturer:  
ENEO Pharmaceuticals s. r. o.  
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### PACKAGING AND LOGISTICS INFORMATION

Methionine complex is supplied in a blister. The blister contains 90 gelatin capsules.

|              |                     |
|--------------|---------------------|
| Volume       | 90 gelatin capsules |
| GTIN         | 8594071270650       |
| Package size | 7.3 × 9.7 × 6 cm    |
| Weight       | 0.077 kg            |
| Carton       | 38.5 × 20 × 12 cm   |
|              | 15 pcs / 1.5 kg     |