

Antioxidant

- LAXATIVE
- MINERAL RICH



Beets contain a natural red pigment called anthocyanidine. This compound has an effect on the circulatory system. Beets also contain significant amounts of alkaline lime, fiber, choline, potassium and phosphorus. Beets have an effect on the digestive and lymphatic systems, kidneys, bowels, spleen, liver and gallbladder.

Beet root has been used to facilitate digestion. It stimulates and strengthens the kidneys, lymphatic system, spleen, liver, gallbladder and peristaltic activity of the bowels.

Recent research is investigating their usefulness in protecting normal and diabetic liver cells. Beet juice is also being examined for possible cholesterol burning effects and benefits at lowering blood pressure.

Each vegetable capsule contains:

Red Beet root (*Beta vulgaris*, European Beet) . . . 500 mg

Non-medicinal ingredients: Vegetable magnesium stearate and silicon dioxide, in a NON-GMO vegetable capsule composed of vegetable cellulose and purified water.

Contains no: Preservative, artificial flavour or colour, sugar, milk, starch, wheat, corn, soy or yeast.

Suggested use:

Take 2 capsules three times daily with meals, or as directed by your health care practitioner.

Keep out of reach of children.