

# CITREX

## Instructions for Use

**CITREX®** is a food supplement based on Citrus limon L. Osbeck extract (Bergamot), Citrus sinensis var Osbeck extract (Blood Orange), vitamins B6 and B12 and chromium.

- *Chromium helps to maintain normal blood sugar levels.*
- *Vitamins B6 and B12 contribute to normal energy metabolism.*

### **Mode of Action**

Bergamot juice extract and blood orange juice extract are characterized by very specific flavonoid contents, both in terms of the type of flavonoids and their respective contents.

These natural active ingredients belong to the class of polyphenols and have long been used in particular for their antioxidant activities.

**Chromium** is essential to the body and acts in very low doses. It contributes to the maintenance of a normal blood sugar level. Chromium is an essential element involved in the metabolism of sugars. It stimulates the physiological effects of insulin, the pancreatic hormone, which supplies the cells with the glucose needed for energy production and maintains normal blood glucose levels.

**Vitamins B6 and B12** contribute to normal energy metabolism. The energy metabolism includes all the chemical and biological reactions that take place at the cellular level and that allow the normal maintenance of the body's functions (in particular the maintenance of the balance between energy intake and expenditure).

### **Use**

2 tablets a day / 1 tablet to be taken at breakfast and 1 tablet to be taken during dinner with a glass of water.

**CITREX®** can be used throughout the year without interruption.

### **Recommendations**

**CITREX®** is a food supplement. Chromium helps to maintain normal blood sugar levels. Vitamins B6 and B12 contribute to a normal energy metabolism.

### **Precautions**

Not a substitute for a healthy lifestyle and a varied and balanced diet. Do not exceed the recommended daily dose. Keep out of the reach of children. Not recommended for pregnant and breast-feeding women.

### **Ingredients (per tablet)**

500 mg of *Citrus limon L. Osbeck* extract (*bergamot*) standardised to 40% flavonoids; bulking agent: E460; 200 mg of *Citrus sinensis var Osbeck* extract (*Blood orange*); bulking agent: E341; glazing agent: E464, bulking agents: E341, E470b, E466; glazing agents: E460, E570; vitamin B12 (50% RDA); vitamin B6 (50% RDA); chromium picolinate (100% RDA).

### **Packaging**

Box of 60 tablets: 67 g

### **Conservation**

Store at a temperature below 25°C in its original packaging. Best before the end date: see above the case.

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