



Ligunin®



For women during menopause.

Menopause is related to fluctuations in sex hormone levels. **Ligunin®** contains flax lignans – phytoestrogens obtained from flax seeds which show the ability to regulate the activity of sex hormones in the body. Flax lignans have properties similar to those

of oestrogens, which is why ingesting them by women, especially during menopause, is beneficial in terms of oestrogen-dependent physiological processes. Diet rich in flax lignans helps to maintain hormonal balance.

Intended use: product is recommended for menopausal women to supplement their diet in phytoestrogens.

Recommended use: two capsules a day after a meal. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet. Maintaining normal health requires a varied and balanced diet and a healthy lifestyle.

Note! People taking hormonal therapeutics (including hormonal contraceptives) as well as pregnant and breastfeeding women should consult a physician before taking the product.

Ingredients: milled common flax (*Linum usitatissimum* L.) seeds obtained through oil extraction, common flax (*Linum usitatissimum* L.) seed extract with a standardized lignan content, gelatin (shell ingredient), anti-caking agent: magnesium salts of fatty acids, anti-caking agent: silicon dioxide, colour: titanium dioxide.

Daily dose (2 capsules) contains 50 mg of flax lignans.

Storage conditions: store in room temperature, in a dry and dark place. Food supplements should be stored out of reach of children.

Country of origin: Poland

Pack:

- 60 hardgel capsules

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