



Health Food Solutions

GOODBYE PERIOD PAIN TEA

Item No.: 5449184

Every woman will probably be familiar with one or more of these symptoms: Lower abdominal cramps, discomfort, a feeling of faintness, headaches – your period has arrived. We, at Biohealth, also have a product for you for this time of the month.

Our Goodbye Period Pain powder contains magnesium, which contributes to a reduction of tiredness and fatigue, to electrolyte balance, to normal energy-yielding metabolism and to normal muscle function. It also contains iron which can counteract any iron deficiency caused by menstruation.

Additionally, our powder includes extracts of lavender, chamomile, rosemary, ginger and chasteberry.

Available in the flavours lemon, blueberry-lavender and red fruits.



Benefits

- Magnesium contributes to a reduction of tiredness and fatigue, to electrolyte balance, to normal energy-yielding metabolism and to normal muscle function.
- With iron
- Contains extracts of lavender, chamomile, rosemary, ginger and chasteberry
- Vegan



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Description

Food supplement with inulin, plant extracts, magnesium, iron and sweetener

Dosage per serving and use

Add 15 g powder to 300 – 350 ml hot water.

Technical data

Flavours: Blueberry Lavender, Red Fruits, Lemon

Shelf life: 18 – 24 months, depending on the packaging format

Storage: Store in a cool, dry and dark place.

Packaging:



Allergy information

No allergens

Ingredients (lemon)

Inulin (chicory), agave syrup powder, magnesium salts of citric acid, lavender flower extract 10:1 (*Lavandula pedunculata*), 10 % lemon fruit juice powder (*Citrus limon* L.), chamomile flower extract 10:1 (*Matricaria recutita*), acid: citric acid, natural lemon flavouring, rosemary leaf extract 5:1 (*Rosmarinus officinalis*), ginger rootstock extract (*Zingiber officinale*, contains 5 % gingerols), colour: beta-carotene, sweetener: steviol glycosides from stevia, chaste berry fruit extract 10:1 (*Vitex agnus castus*), ferrous sulfate (microencapsulated)

Nutrition Information (lemon)	per 100 g	per serving (15 g)
Energy	1102 kJ	165 kJ
Energy	263 kcal	39 kcal
Fat	0.5 g	< 0.5 g
-of which saturates	0.2 g	<0.1 g
Carbohydrates	33 g	4.9 g
-of which sugars	20 g	3.1 g
Fibre	27 g	4.0 g
Protein	1.1 g	<0.5 g
Salt	0.05 g	<0.01 g

All data are subject to usual variations in natural products.

Nutrients and other substances	per serving (15 g)	% NRV *
Inulin	2984 mg	**
Magnesium	291 mg	78
Lavender flower extract	1500 mg	**
Chamomile flower extract	1050 mg	**
Rosemary leaf extract	150 mg	**
Ginger rootstock extract	150 mg	**
-of which gingerols	7.5 mg	**
Chaste berry fruit extract	15 mg	**
Iron	2.1 mg	15

*Percent of nutrient reference values (NRV) according to Regulation (EU) No. 1169/2011 | ** No NRV available

All information provided by our company, including recommendations, is intended solely for business users (business to business) and not for end users. It is the responsibility of the food company whose name is used to market the product to ensure that this product fulfils the applicable legal food safety requirements, particularly with regard to claims and the packaging presentation. The information provided by our company conforms to the recognised state of knowledge and practice; however, it does not relieve the respective food company from its responsibility and commitment to carry out in-depth testing of its product. The provision of any product information in relation to its use does not represent any explicit or implied guarantee for the suitability of the product for a specific purpose.



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