INSTRUCTIONS FOR USE

Junai Her

Junai HER

How to use: Take 2 capsules a day after a meal with a glass of water (about 2 dl). If you can't swallow capsules, open them and mix the contents into water or a smoothie.

Warnings: Do not exceed the recommended daily dose. Keep out of reach of children. Intended for adults. If you are pregnant, breastfeeding, taking medication or have a health condition, consult your doctor before use. Do not use if the safety seal is damaged or missing. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle.

Storage: Store tightly closed in a cool, dry place.

Composition

The ingredients in Junai products are carefully selected and processed to maintain their natural purity and effectiveness, without unnecessary additives. This helps our products support your health in a natural and effective manner.

Vitamin B6

A vitamin that contributes to energy release during metabolism, reduces tiredness and fatigue, and helps regulate hormonal activity. As one of the key water-soluble vitamins, it plays an important role in many biochemical processes in the body, supporting macronutrient metabolism, the nervous system, and the normal formation of red blood cells.

More about vitamin B6

Iodine

Iodine is essential as a key building block of thyroid hormone synthesis, energy metabolism, cognitive function, and nervous system health.

More about iodine

Lemon Balm

A plant traditionally used as part of a balanced lifestyle. Due to its calming and enhancing properties, lemon balm is a fundamental component of traditional medicine. Its bioactive compounds help improve your wellbeing, sharpen your mental clarity, and aid digestion.

More about lemon balm

Chlorella

Chlorella is a single-cell green alga that is often used as a dietary supplement because of its rich nutritional value. It contains high concentrations of proteins, vitamins, minerals, and antioxidants, which may contribute to overall health and wellbeing.

More about chlorella

Rosemary

An aromatic Mediterranean plant that has been used in traditional medicine for centuries. It contains numerous bioactive compounds, such as rosmarinic acid, that promote digestion, support liver function, aid physiological cleansing, and serve as powerful antioxidants.

More about rosemary

Bladderwrack

Bladderwrack is a brown macroalga `rich in bioactive compounds and known for its many beneficial properties. It is a natural source of iodine and helps support normal thyroid function.`

More about bladderwrack

Lactobacillus rhamnosus CRL 1505 Bacterial Cultures

Friendly bacteria that occur naturally in the body and are often included in dietary supplements. They form part of the natural microbiome of the gut and the vaginal flora, and are commonly associated with digestive comfort and the gut-brain axis.

More about Lactobacillus rhamnosus CRL 1505

Black Pepper Extract (Piperine)

Piperine is a plant extract commonly used to improve the absorption of other nutrients in advanced supplement formulations. Black pepper is not only a popular spice; in traditional medicine it is also associated with many benefits, helping to stimulate digestion, support nutrient absorption, and improve circulation.

More about black pepper

Scan the code to open the instructions any time, even without this sheet.