



# Product Information for the User

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### 1. What is the HepaHELP Complete® dietary supplement and what is it used for, description of the preparation and properties:

HepaHELP Complete® is a multi-ingredient dietary supplement in capsule form, combining selected plant extracts, micro elements, amino acids, and vitamins. Recommended as a means of supporting liver protection against the harmful effects of an improper diet, excessive stimulants, medications, and other toxic substances. It can be a dietary supplement for people who eat heavy, fatty, and large meals irregularly in a hurry. The phospholipids contained in the preparation, derived from soy, contain phosphatidylcholine, a substance that promotes the protection of liver cells. Phospholipids are incorporated into hepatocytes, replacing losses resulting from the adverse effects of toxic substances such as alcohol or drugs, and together with LOLA /l-aspartate-l-ornithine/ they support liver regeneration and proper function<sup>1,2,3,4</sup>.

The composition of plant extracts of artichoke, milk thistle, chamomile, rosemary, grapefruit seeds, black radish and choline supports the regenerative functions of the liver and its proper metabolism<sup>5</sup>. Artichoke and rosemary promote the circulation of digestive juices<sup>6</sup>, contributing to the proper functioning of the digestive tract<sup>7</sup>, intestinal comfort<sup>8</sup> and better digestion of fats<sup>9</sup>. The choline contained in the vitamin B4 supplement is a component of phospholipids and is present in every cell as a component of cell membranes. The vitamin C, vitamin E and selenium contained in the preparation help protect cells from oxidative stress<sup>10</sup>. Vitamin C contributes to the maintenance of good energy metabolism<sup>11</sup> and increases iron absorption<sup>12</sup>.

### 2. What's in it?

Each capsule contains: soy phospholipids, extract of milk thistle, rosemary, chamomile, artichoke, grapefruit seed, black radish, N-acetyl-l-cysteine, choline bitartrate, Vitamin C, bromelain from pineapple, betaine, l-ornithine-l-aspartate, Vitamin E, selenium (IV) selenate, cellulose capsules.

Ingredient	2 capsules content will provide	% DRI Dietary Reference
Soy phospholipides /Glycine sem. extr. 95%/	300 mg	—
Milk thistle extract /Silybum marianum fructus extr., silymarine 80%/	275 mg	—
N-acetyl cysteine NAC	160 mg	—
Rosemary extract /Rosmarinus officinalis extr. DER 10 : 1/	120 mg	—
Chamomile extract /Matricaria chamomilla extr. DER 10 : 1/	100 mg	—
Vit B4 /choline bitartrate/	80 mg	—
Vit C /l-ascorbic ac./	80 mg	100%
Artichoke extract /Cynara scolymus extr., cynarine 5%/	40 mg	—
Bromelain 1200 GDU/g /pineapple fruit extract/	40 mg	—
Grapefruit seed extract /Citrus paradisi semen extr. DER 10 : 1/	40 mg	—
Ornithine /l-ornithine l-aspartate/	30 mg	—
Betaine /chlorohydrate/	10 mg	—
Black radish extract /Raphanus sativus var. niger extr. DER 10 : 1/	10 mg	—
Vit E /DL-alpha tocopheryl acetate/	4 mg	33%
Selenium /selenium(IV)selenate/	17 ug	31%

Halal and kosher approved, vegan – cellulose capsules.

### 3. How to use the HepaHELP Complete® dietary supplement?

Recommended: 2 capsules daily with a meal, to be swallowed whole, preferably in the morning with water.

### 4. Warnings

This product is intended for adults. Do not exceed the recommended daily intake. Do not use this product if you are hypersensitive to any of its ingredients. A dietary supplement cannot replace a varied and balanced diet. A healthy lifestyle and diet are recommended.

Breastfeeding and pregnant women should consult their doctor or pharmacist about taking this product. Best before end and batch number (see bottom of the package). Do not use if the safety cover seal is broken or missing.

### 5. How to store the product

The product should be stored in its original, tightly closed packaging at room temperature not exceeding 30°C, away from heat and sunlight. Store out of reach of children.

### 6. Other information

Available packaging: PET bottle with screw cap, sealed with aluminium foil, containing 60 cellulose capsules. Free from artificial flavours, colours and preservatives.

### 7. Manufacturer and representative in Poland:

SwissCare Pharma® Sp. z o.o.  
ul. Iwaszkiewicza 37,  
82-300 Elbląg, PL  
[www.swisscare.one](http://www.swisscare.one)

