

GALLMET[®]
enterosolvent capsule

With **NATURAL** bile acids
and **HERBS**,
NATURALLY effective
in a **NATURAL** way!

**For the support of
your DIGESTION and
BILE PRODUCTION**

Enjoy the pleasure of
your meals
by the help of GALLMET[®]
food supplement

Turn this page to learn more about all the above!

**Support your digestion
by natural bile acids
and herbs!**

The GALLMED[®] product of the 90s – for the prevention and treatment of digestive and biliary disorders – has returned in a renewed form and is now available again as GALLMET[®] food supplement.

GALLMET[®]-N and GALLMET[®]-F are food supplement enterosolvent capsules containing natural bile acids.

GALLMET[®]-M is a food supplement enterosolvent capsule containing natural bile acids and herbs for digestion and bile production support.

Healthy digestion: by supporting the stomach, the liver, bile production and the intestinal system.

Above a certain age, digestive processes may noticeably change but these changes may be positively influenced by the active components of GALLMET[®].

Learn about the significance of natural bile acids in the (professional) literature on our web site.

You may chose the pack size best fitting your needs and wallet: a 10 capsule pack or 30, 60, 90 capsule containers.

Look for them in drug stores, herb stores
and in our web store.

Producer – Distributor: GALLMED[®] Ltd., Unit 22 Bulrushes Farm, Coombe Hill Road, East Grinstead, West Sussex, United Kingdom, RH19 4LZ,
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website: www.gallmed.co.uk

NEW



GALLMET®-M, entero solvent food supplement capsule containing natural bile acids and herbs for digestion and bile production support

Packaging: 10 (30,60, 90) capsules
Net weight: 4.5 (13.5, 27, 40.5) g

Ingredients: dried ox bile; *filler:* microcrystalline cellulose; *capsule shell:* hydroxypropyl methylcellulose; *herbal extracts:* peppermint leaf (*Mentha piperita*), white horehound (*Marrubium vulgare*), marshmallow root (*Althaea officinalis*), liquorice (root of *Glycyrrhiza glabra*), fennel (*Foeniculum vulgare*); *anti-caking agents:* silicon dioxide, magnesium stearate; *capsule shell:* gellan gum.

Peppermint (*Mentha piperita*) contributes to normal stomach and intestinal functions, reduces tympany, supports the intestinal microflora, white horehound (*Marrubium vulgare*) helps to relax the gastrointestinal tract, contributes to digestive health and to liver and gall bladder health. Liquorice (root of *Glycyrrhiza glabra*) supports gastrointestinal health. Fennel (*Foeniculum vulgare*) contributes to digestive health.

Recommended daily amount: 1-3x1-2 capsule(s) directly before main meals (breakfast, lunch, dinner) according to body weight and individual reaction.

Do not take more than the recommended amount! Store out of the reach of children in a cool dry place. The food supplement does not replace a balanced and varied diet.

Active substances in the daily amount: in case of 3 main meals (breakfast, lunch, dinner) (max 6 capsules):

Ingredients per day	Number of capsules				
	1	2	3	4	6
Bile acids (mg)	100	200	300	400	600
<i>Mentha piperita</i> extract (mg)	10	20	30	40	60
<i>Marrubium vulgare</i> extract (mg)	7,5	15	22,5	30	45
<i>Althaea officinalis</i> extract (mg)	7,5	15	22,5	30	45
<i>Glycyrrhiza glabra</i> extract (mg)	7,5	15	22,5	30	45
<i>Foeniculum vulgare</i> extract (mg)	5	10	15	20	30

The product must not be taken in case of bilious attacks, jaundice caused by biliar tract passage blockage and during pregnancy. Depending on individual sensitivity, slight diarrhoea and nausea may occur in the first few days. Not recommended to be used with other biliary products.

Country of origin: European Union

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European Patent Pending: EP11156006.6

For expiry see the date on the side of packaging: day-month-year

OETI registration number: 11940/2013

European Patent Pending: EP11156006.6

GALLMET®-N, entero solvent food supplement capsule containing natural bile acids

Packaging: 10 (30, 60, 90) capsules
Net weight: 2 (6, 12, 18) g

Ingredients: dried ox bile; *capsule shell:* hydroxypropyl methylcellulose; *fillers:* microcrystalline cellulose; *capsule shell:* gellan gum; *anti-caking agent:* silicon dioxide, magnesium stearate.

Recommended daily amount: before main meals in the morning 1, at noon 1-2 and in the evening 1 capsule, according to body weight and individual reaction.

Do not take more than the recommended amount! Store out of the reach of children in a cool dry place. The food supplement does not replace a balanced and varied diet.

Number of capsules	1	2	3	4
Bile acids	125 mg	250 mg	375 mg	500 mg

The product must not be taken in case of bilious attacks, jaundice caused by biliar tract passage blockage and during pregnancy. Depending on individual sensitivity, slight diarrhoea and nausea may occur in the first few days. Not recommended to be used with other biliary products.

Country of origin: European Union

Producer – Distributor: GALLMED® Ltd., Unit 22 Bulrushes Farm, Coombe Hill Road, East Grinstead, West Sussex, United Kingdom, RH19 4LZ, Fax: +44-020-3318-5893, email: gallmed@gallmed.co.uk; website: www.gallmed.co.uk

For expiry see the date on the side of packaging: day-month-year

OETI registration number: 11939/2011

European Patent Pending: EP11156006.6

We provide the following information for making a choice between GALLMET®-M and GALLMET®-N. Both products contain bile acids in similar quantities but GALLMET®-M contains herbs as well. Herbs complement the bile acids but some people might react unfavourably to herbs. For those sensitive to the herbs in GALLMET®-M, we recommend the product GALLMET®-N. We recommend you use one of the products for 2-4 weeks, then the other and continue taking the one that gave a better effect or feeling.

The two products may be effective to a different degree depending on the user's individual state of health, sensitivity and reaction. It is not possible to exactly predict this in advance but the digestive effects of the two products are similar.