

# Bor 3 mg



## To improve the boron supply

### Boron: Component of our diet

Boron is a metalloid found in varying high concentrations in soils. As an essential structural building block of plant cell walls, this metalloid is found primarily in a plant-based diet. Thus, the boron intake is higher in vegetarians than in those with a mixed diet. Raisins, red wine, plums, nuts and avocados are particularly rich in boron, while dairy products and meat only supply low quantities of boron. It is estimated that 3.25 mg of boron is ingested per 2000 kcal through a diet rich in boron, but this drops to just 0.25 mg per 2000 kcal for a low-boron diet.

### Biogena Bor 3 mg

- Contains appropriate dosages of the metalloid boron

### Possible use:

- For a targeted increase of the boron supply

### Bioavailable micronutrients in a pure form

- According to the pure substance principle
- Without colours, flavours or glazing agents
- Gluten-free
- Lactose-free
- Fructose-free
- Hypoallergenic
- Vegetable capsule shell
- 100 % vegan
- Quality tested

INGREDIENTS per daily dose	1 Capsule	% NRV*
Boron	3 mg	-

\* % OF NUTRIENT REFERENCE VALUES IN ACCORDANCE WITH EU REGULATION 1169/2011.

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## INGREDIENTS

Bulking agent: powdered cellulose, hydroxypropyl methyl cellulose (capsule shell), boric acid.

## RECOMMENDED DOSAGE

1 capsule daily taken with plenty of liquid.

## NOTE

Food supplement in accordance with EU Directive 2002/46/EC

## PACKAGE SIZE AND CONTENT

120 capsules (4 month supply), 35 g

Food supplement: The recommended daily dosage should not be exceeded. No substitute for a balanced and varied diet and a healthy lifestyle. Store in a dark, dry place at room temperature. Protect from heat. Keep out of reach of children. Suitable for diabetics. The information provided here is not a statement on healing or a recommendation to self-medicate. Subject to print or typographical errors. Version 11.08.2018.



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