REPUBLIC OF ESTONIA
VETERINARY AND FOOD BOARD

Food information and labelling of food supplements

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This guide is designed for food business operators responsible for food information on food supplements (e.g. on labelling of sales packaging, in online stores).
The purpose of the guide is to clarify which food information requirements apply to food supplements, i.e. what information should be available to the consumer before buying/free delivery of the food supplement.
This guide is not a legally binding document and the precise requirements are set out in the relevant legislation.

A food supplement is a food, which meets **all** of the following requirements:

- is intended to supplement the normal diet (i.e. it does not provide a significant amount of energy);
- is a concentrated source of nutrients (vitamins, minerals) or other substances with a nutritional or physiological effect (e.g. caffeine, plant extracts, fatty acids);
- is intended for using in specific dosages or amounts;
- is marketed in pre-packaged package in fixed doses such as capsules, pastilles, tablets, powder sachets, liquid ampoules, drip bottles and similar products for use in small measured quantities.

Foods (e.g. bars, breakfast cereals, beverages) to which vitamins/minerals or other substances (e.g. caffeine) have been added are regular foods (fortified food) not food supplements.

All relevant requirements established for food are also applicable to food supplements.
In addition, specific requirements for composition and labelling have been established for food supplements.

The food information and labelling requirements apply to the sales packages as well as to other means of information (e.g. leaflets, advertising, website, product presentation, etc.).

NB! More attention should be paid to the labelling of products from third countries (USA, Russia, India, China, etc.). As a rule, their labelling does not comply with the requirements in the European Union (EU) and therefore the labels translated directly into Estonian do not meet the requirements in Estonia and in the EU.

1. General mandatory requirements

Requirement	Explanation/specification of the requirement
Food information must be true, comply with the legal requirements and must not mislead the operator and the consumer	
Food information must be precise, clear, and easily understandable for the consumers	
Food must be labelled in a manner that ensures the necessary information about the food	Necessary information is all the mandatory information. The necessary information is not voluntary information (e.g. nutrition and health claims).
The labelling of food intended for Estonian consumers must be presented in Estonian, unless the information is also understandable in another language	For example, numeric information and words that have similar meanings in Estonian (e.g. vitamin C, magnesium) are understood in another language.
The information must be easily understood and displayed in a visible place in a clearly legible, easily visible and in a durable way.	The minimum font size is where the x-height is 1,2 mm (8 pt WS *Word).*
Food must not be attributed the properties of preventing, treating or curing a diseases	Disease-preventing, curative and treating properties may only be attributed to medicinal products. Claims to reduce disease risk as authorized health claims may be used for foods.
The labelling of a food may not be altered without altering the actual characteristics of the food, with the exception of specification of the labelling and correction of misleading labelling	The labelling of products from third countries needs to be corrected, as direct translations usually do not meet the requirements applicable in Estonia.
It is not permitted to provide incorrect information about the characteristics of the foodstuff	Consumers may not be misled, in particular as regards the following characteristics: nature of the product, definition of the food, characteristics, composition, quantity, shelf-life, country of origin or place of provenance, method of manufacture or production.
It is not permitted to attribute specific characteristics to a food where such characteristics are in fact all similar foods, or to stress that there are no particular ingredients/nutrients which are not in principle present in that food	For example, the claim 'lactose-free' cannot be used if products naturally do not contain lactose. The same principle applies to other similar claims (gluten-free, preservative-free, etc.).
It is not permitted to attribute to a food properties or effects which the product does not have	For example, it is not permitted to use non-authorised health claims .

2. Mandatory information

Requirement	Explanation/specification of the requirement
The name of the food	The name of the food may not refer to the disease (e.g. cough syrup, etc.). Generic names that link with health or well-being (e.g. heart drops) may be used when accompanied by an authorized or pending health claim that justifies the name of the food.
The name 'food supplement'	The name 'food supplement' must be used in addition to the name of the food. The name 'food supplement' does not replace the name of the food and should be placed near the name of the food.
The names of the categories of nutrients or substances that characterise the product or an indication of the nature of those nutrients or substances	It should be stated what are the nutrients and/or substances with nutritional or physiological effect (e.g. a food supplement with vitamin D). If the name of the food already refers to characteristic substance (e.g. vitamin C tablets), it is not necessary to indicate it separately. If the characteristic is interpretable as a health claim, it can be used if it is accompanied by an authorised or pending health claim, which justifies it.
List of ingredients	Ingredients shall be designated by their specific name. For vitamins and minerals, the specific chemical names have to be used (e.g. calcium acetate). For plants, the specific name is their Latin name. List must include all the ingredients in descending order of weight, as recorded at the time of their use in the manufacture of the food. Ingredients constituting less than 2 % of the finished product may be presented in free order at the end of the list of ingredients. The list of ingredients shall be indicated by heading 'ingredients'. Only a list of ingredients should be included in the list of ingredients, i.e. no quantities per daily dose are given here.
Net quantity	The net quantity can be number of pieces (tablets, capsules), volume (cl, ml, L/l) or weight (g, kg). It is not necessary to specify the net quantity if the net quantity of the product is less than 5 g or 5 ml. The net quantity must be presented in the same field of vision as the name of the food.

'Best before' and 'Use by' dates	The shelf life information must include at least the following information: 1) 'best before' up to 3 months – date and month; 2) 'best before end …' 3–18 months – month and year; 3) 'best before end …' more than 18 months – year. It is not necessary to specify the shelf life in the online shops.
Name and address of the company	Company is a food business operator under whose name a food is marketed. This company can be producer, importer, distributor. The address must be the address of the specific location (e.g. street, city, county, country). The address cannot be just an e-mail address or a website address.
Batch designation	The batch of food must be determined and labelled on the packaging by the processor, the manufacturer or the packer. In addition, a batch can be determined and labelled by a seller established in an EU Member State who is first to market the food. The batch designation is not required: 1) if the 'best before' or 'use by' date includes at least the date and the month; 2) if the surface area of the largest side of the package of the food is less than 10 cm^2; The online shops are not obliged to bring out the information on the batch designation.
Recommended daily intake	The intake must be given per day, e.g. not per week.
The content of the nutrients or other substances with a nutritional or physiological effect	The values declared shall be indicated in relation to the recommended daily intake and must be average values on the basis of the manufacturer's chemical analysis of the nutrient. The content must be indicated on the label in numerical form.
Warning not to exceed the stated recommended daily intake	
Warning to the effect that the product should be stored out of the reach of children	
Warning to the effect that the food supplement should not be used as a substitute for a varied diet	If a health claim is used, a statement to the importance (not substitution) of a varied and balanced diet and a healthy lifestyle have to be used.

3. Mandatory information in certain cases

Requirement	Explanation/specification of the requirement
Content of nutrients as a percentage of the nutrition reference values for adults	Must be presented if the vitamin/mineral contents of the product are provided. The nutrition reference values for adults can be found here.
An ingredient or processing aid which causes an allergy or intolerance	Substances causing allergies or intolerances should be highlighted in the list of ingredients in such a way that they are clearly distinguished from the other ingredients, e.g. using different fonts, styles or background colours.
Additives	If additives are used, their category names (e.g. stabiliser, anti-caking agent, colour) must be presented.
Sweeteners	If a sweetener(s) have been added to the product, the words **'with a sweetener / with sweeteners'** must be added to the name of the food (e.g. food supplement with vitamin C and sweeteners). If sugar(s) and a sweetener(s) have been added to a product, the words '**with sugar(s) and (a) sweetener(s)'** must be added to the name.
Flavourings	In the case of flavourings, the words 'flavouring' or a precise name of the flavouring (e.g. vanillin) or a description (e.g. vanilla extract) must be used.
Caffeine	If the product contains caffeine, the warning **'Contains caffeine. Not recommended for children or pregnant women'** must be included in the same field of vision with the product's name.
Alcohol	The alcohol content must be indicated if the content in the product is more than 1.2%.
Aspartame/aspartame- acesulfame salt	If aspartame (E951) and/or aspartame-acesulfame salt (E962) has been added to the product, the label should include the following**:** - **'Contains aspartame (source of phenylalanine)'** – if the additive is specified in the list of ingredients only with the E number; - **'Contains a source of phenylalanine'** – if the additive is in the list of ingredients with the specific name.

Polyols	If a product contains more than 10 percent of polyols, the **warning 'excessive consumption may cause diarrhoea'** must be added. Polyols include sorbitol (E420), mannitol (E421), isomalt (E953), maltitol (E965), lactitol (E966), xylitol (E967), erythritol (E968).
Country of origin or place of provenance	It should be indicated where non-inclusion could mislead consumers when determining the actual country of origin or provenance, in particular where the food information otherwise indicate that the food has another country of origin or place of provenance.
Special conditions for storage and/or use	It should be indicated if, without this information, the product could be stored under the wrong conditions and/or misused.
Instructions for use	Must be provided if it would be difficult to use the product properly without these instructions.
Nutrition information (energy, fats, proteins, carbohydrates)	The requirements for nutrition information applicable to regular food do not apply to food supplements, i.e. it is not necessary to provide this information on the label. If the information is provided, it must be compliant with the requirements applicable to regular food.
Irradiated food	If the product or an ingredient has been treated with ionising radiation, the words **'radiated' or 'processed with ionising radiation'** must be included in the name or accompanying the name of the food**.** Only the following foods may be processed with ionising radiation in Estonia: 1) dried aromatic herbs and spices; 2) plant-based spices. Elsewhere in Europe, ionising radiation may be used for other foods, if the respective authorization has been granted.
Phytosterols, phytosterol esters, phytostanol, or phytostanol esters	Additional information must be provided according to annex III of the regulation on food labelling (point 5)
GMO food	If GMO content is more than 0.9% a statement **'the product contains genetically modified organisms'** or '**the product contains genetically modified [names of the organisms]'** must be added.

Certain colours	The warning '**name(s) or E number(s) of the colour: may have an adverse effect on activity and attention in children.'** must be added if certain colours are used. These colours are: Sunset Yellow (E110), Quinoline Yellow (E104), Tartrazine (E102), Carmoisine (E122), Ponceau 4R (E124), Allura Red (E129).
Word 'natural'	The word 'natural' can be used if the use of the word is justified and does not mislead the consumer. For example, the use of the word 'natural' for processed foods generally provides incorrect information on the nature of the food and is therefore not allowed. If the food is naturally complies with the conditions of use of a particular nutrition claim, it is permitted to use the word 'natural' in front of the claim (e.g. natural source of vitamin C).
Health claim	Only authorized or pending health claims can be used. The conditions for using the claim must be fulfilled. If health claims are used, the references to the importance of varied and balanced diet and a healthy lifestyle, have to be used.
Nutrition claim	Only authorized nutrition claims can be used. The conditions for using the claim must be fulfilled. If it is stated that the product is a source of a specific substance, the amount of the substance must also be specified.
Organic food	Products may be marketed as organic if at least 95% of the agricultural ingredients of processed food come from organic farming. The remaining 5% can be ingredients which cannot be obtained from organic production. The packaging of an organic product meeting all the requirements must be equipped with the European Union organic logo, origin marking, and the code of the surveillance authority. Only the food business operators, whose activity is approved pursuant to the Organic Farming Act, may refer to their products as organic products.

Organic ingredients	Organic ingredients may be referred in the list of ingredients, provided that: • the total percentage of organic ingredient in the total amount is specified; • the company is approved pursuant to the Organic Farming Act; • the code of the surveillance authority is used on the sales packaging.
Novel foods	There are specific labelling requirements for certain novel foods set out by Regulation 2017/2470.

4. Voluntary information

4.1. Nutrition and health claims

Nutrition and health claims on food supplements are voluntary but, if used, they must comply with the requirements of the claims regulation.

Nutrition and health claims may not:

- be false, unambiguous, misleading;
- give rise to doubt about the safety and/or the nutritional adequacy of other foods;
- encourage or condone excess consumption of a food;
- state, suggest or imply that a balanced and varied diet cannot provide appropriate quantities of nutrients in general;
- refer to changes in bodily functions which could give rise to or exploit fear in the consumer.

A nutrition or health claim:

- must be understandable for an average consumer;
- must refer to the food ready for consumption;
- must be based on generally accepted scientific evidence.

The following health claims are prohibited:

- claims which suggest that health could be affected by not consuming the food;
- claims which make reference to the rate or amount of weight loss;
- claims which make reference to recommendations of individual doctors or health professionals and other associations.

Nutrition claims

A nutrition claim indicates that the food has beneficial nutritional properties, due to that the product contains an increased or reduced amount of energy, a specific nutrient, or another substance, or does not contain it at all.
Nutrition claims are for example, 'sugar-free', 'source of vitamin E', ' high calcium content', 'high fibre content', 'with minerals'.

It is only permitted to use the nutrition claims, which are listed, in the annex to the claims regulation (Regulation 2006/1924).

If a nutrition claim is used, the amount of the relevant substance must also be specified. For food supplements, these amounts shall be indicated for the recommended daily intake.

Not every claim for a food ingredient is a nutrition claim. For example, 'preservative-free' or 'contains nuts' describe the composition but do not refer to the nutrition characteristics derived from the composition. Therefore, these claims are not nutrition claims.

Health claims

A health claim indicates that there is a link between a food category, a food or one of its constituents and health (i.e. the beneficial effect on human health).
Examples of health claims:

- biotin contributes to normal functioning of the nervous system;
- phosphorus and zinc contribute to the maintenance of normal bones;
- melatonin contributes to the reduction of time taken to fall asleep.

It is permitted to use the health claims which are authorized by Commission Regulation (EC) no. 432/2012.
The list of authorized health claims is updated by new authorized claims. In order to find a legislation containing all authorized health claims, the latest consolidated version of legislation should be searched in Eur-Lex.

The easiest option is to search the authorized claims from the EU register of claims. The register also includes the claims which are not authorized (with justification).

Specific conditions for health claims

Health claims can be made if the following information is included in the labelling, or if no such labelling exists, in the presentation and advertising:

- a statement indicating the importance of a varied and balanced diet and a healthy lifestyle;
- the quantity of the food required to obtain the claimed beneficial effect;
- where appropriate, a statement addressed to persons who should avoid using the food;
- an appropriate warning for products that are likely to present a health risk if consumed to excess.

Reduction of disease risk claims and claims referring to children's development and health

Food supplements must not refer to disease-preventing, treating or curing properties, but authorized health claims referring to the reduction of the risk of disease can be used.

The authorized claims referring to reduction of disease and children's health/development can be found most easily from the EU register of claims, as these claims are adopted by separate regulations.

Health claims for plants

There is no list of authorized health claims for plants.

Until such a list is drawn up, the health claims which have been submitted to the EFSA for assessment and are pending may be used.

Pending claims can be used if the general conditions for health claims are fulfilled.

Instructions on how to search pending claims from EFSA's Register of questions can be found here.

General and non-specific health claims

Claims, which create associations with health or wellbeing, such as 'healthy', 'heart drops', 'probiotic', are general and non-specific claims. General health claims are also product category names in e-shops, such as 'for joints', 'immunity', 'stress and tiredness'.

General health claims may only be used with a specific authorized health claim which justifies the general claim.

Rewording health claims

The wording of the claims included in the list of authorized claims may be changed if the meaning of the claim remains the same.

Some examples of the wordings of authorized and non-equivalent claims:

Wording of an authorized claim	Wording of a non-equivalent claims
Vitamin A contributes to the normal function of the immune system	Vitamin A strengthens the immune system Vitamin A helps to strengthen the immune system
Vitamin D supports to the normal function of the immune system	Vitamin D improves the normal functioning of the immune system
Vitamin A contained in product X contributes to the maintenance of normal vision	Product X helps to maintain normal vision

What else should be kept in mind in connection with the claims?

- There are always conditions for using nutrition and health claims. The claims may only be used if the product meets these conditions;
- If the claim 'contains vitamins/minerals' is used, the amount of these substances in the product shall be at least 15% of the nutrient reference value;
- If the claim 'high vitamin/mineral content', the amount of these substances in the product shall be at least 30% of the nutrient reference value.

4.2. Gluten- free, lactose-free and other -free products

Products are often referred as free of something, such as gluten-free, lactose-free, yeast-free, GMO-free.

Those claims must comply with the requirement that foods cannot attribute to special characteristics if all similar foods have the same characteristics. It is also not allowed to emphasize that the food is free of certain ingredients/nutrients if they are not in principle present in the food.
For example, it is not allowed to claim that fish oil is gluten-free or spirulina tablets are lactose-free.

Requirements applicable for certain claims:

- phrase 'gluten-free' can be used if the gluten content is less than 20 mg/kg;
- phrase 'lactose-free' can be used if the lactose content is less than 10 mg per 100 g or 100 ml;
- 'sugar-free', 'fat-free', 'zero energy', 'salt-free' are nutrition claims and can be used in accordance with specified conditions in claims regulation.

4.3. Indication to the country of origin

The indication of the origin of the food ingredient(s) is usually not mandatory.

Reference to origin is mandatory if the country of origin/place of provenance of the food is indicated but is not the same as the main ingredient of the food. In that case, the labelling shall be supplemented by either the country of origin/place of provenance of the main ingredient, or the indication that the country of origin/place of provenance is different as indicated on the label.

The indication of the country of origin of the food are phrases such as 'produced in Estonia', 'Estonian product' or country flag on label.

More information is available here.

5. Distance selling

Distance selling include, for example, the marketing of products in an online shops, by telephone, through shopping catalogues.

There are no special requirements for the labelling of foodstuffs which are marketed via distance selling. All the mandatory information must be presented, except for the batch marking and the 'best before/use by' date.

All the mandatory information must be made available to the consumer before the purchase is made.

Further information about labelling in the case of distance selling can be found here.

If a website includes information about a food but the product cannot be purchased, then the general food information requirements must be complied with, i.e. the food information must be accurate, compliant with the requirements established by legislation, and may not mislead the consumer. As a rule, this means compliance with health claims requirements.

6. Small packages

Packaging/containers' largest surface area is **less than 80 cm^2**:

- all mandatory information must be provided;
- a smaller font size may be used, with the height of the x character shall be equal to or greater than 0.9 mm (*6 pt MS Word*).

Packaging/containers' largest surface area is less **than 10 cm^2**:

- the following information must be provided:
    - name of the food;
    - allergens;
    - net quantity;
    - 'best before/use by' date;
- information concerning the ingredients shall be provided through other means or shall be made available at the request of the consumer.

7. Most common labelling mistakes

- Non-authorized health claims are used
  The use of health claims is regulated in the EU. It is permitted to use health claims which are scientifically substantiated and authorized by the European Commission.
  The health claims requirements apply not only to sales packages but also to the information in the online store, presentations, advertisements and other forms of information.

- Health claims are provided about the product, not for the ingredients of the product
  Claims should be made with regard to the ingredients in the product and not to the product.

- Prohibitive claims referring to treat, prevent or cure the diseases
  Claims referring to diseases may be made for medicinal products. In the case of food supplements, it is permitted to use health claims, which refer to reducing the risk of disease, and are authorized by relevant legislation.

- Group names of additives not included in the list of ingredients
  This concerns in particular products from third countries (e.g. the USA) where the indication of group names of additives is not mandatory. In this case, group names of additives must be included to the product's labelling in Estonian.

- The quantities of active ingredients are not indicated for the recommended daily intake
  If the recommended daily intake is more than one capsule/tablet, quantities per unit should also be reported. If the recommended daily intake is between 2 and 4 tablets, the quantities should be reported for minimum and maximum quantities.

- The names of the ingredients are inaccurate
  For example, the Latin names of plants or the plant parts used have not been specified.

- The list of ingredients includes information on quantities
  Only a list of ingredients shall be included in the list of ingredients. The quantities of the active ingredients (per daily intake) must be specified separately. If all of the above-mentioned information is provided together, it is no longer easily understandable for the consumer.

- A nutrition claim is presented without the quantities of the substances
  If a nutrition claim is made (e.g. 'high vitamin and mineral content'), it should also be indicated which vitamins/minerals the product contains and what amounts. In the case of food supplements, quantities per recommended daily intake must be provided.

- The statement 'The food supplement does not replace a varied and balanced diet and a healthy lifestyle' is used
  One sentence is intended to meet two different requirements:
  - It is mandatory for all food supplements to use a **warning** that the food supplement should not be used as a substitute for a varied diet and
  - when health claims are made on a product, it is mandatory to **refer to the importance** of a varied and balanced diet and a healthy lifestyle.

  It is recommended to use two different sentences: *'The food supplement may not be used as an alternative for a varied diet!'* and *'It is important to have a varied and balanced diet and practice a healthy lifestyle*.'

8. Useful links and guidelines

- Veterinary and Food Board
- Ministry of Rural Affairs
- EU Register of nutrition and health claims made on foods
- European Commission
- European Food Safety Authority (EFSA)

Guidelines

- Assessment of compliance of a food supplement
- Guideline for the nutrition and health claims regulation
- Questions and answers about the food information regulation
- Rewording of health claims
- Guidelines of Food Supplements Europe

9. Legislation

Estonian legislation can be found from Riigi Teataja.

- The Food Act
- Regulation No. 100 of the Minister of Agriculture 'Requirements for the composition and quality of food supplements and requirements for the provision of food information'
- Regulation No. 105 of the Minister of Agriculture 'Standard description of a label referring to organic farming and the procedure for using the label'
- Regulation No. 37 of the Minister of Agriculture 'Code numbers of control authorities of the organic farming sector'

European Union legislation can be found from Eur-Lex.

- Regulation (EU) No 1169/2011 of the European Parliament and of the Council on the provision of food information to consumers
- Regulation (EC) No 1924/2006 of the European Parliament and of the Council on nutrition and health claims made on foods
- Commission Regulation (EU) No 432/2012 establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health
- Regulation (EC) No 1830/2003 of the European Parliament and of the Council concerning the traceability and labelling of genetically modified organisms and the traceability of food and feed products produced from genetically modified organisms
- Commission Implementing Regulation (EU) No 828/2014 on the requirements for the provision of information to consumers on the absence or reduced presence of gluten in food
- Regulation (EC) No 1333/2008 of the European Parliament and of the Council on food additives
- Commission Implementing Regulation (EU) 2017/2470 establishing the Union list of novel foods

10. Examples of labelling

Example 1

MULTIVITAMIN + CALCIUM

Food supplement with sweetener

Calcium:

- contributes to normal energy-yielding metabolism
- is needed for the maintenance of normal bones
- has a role in the process of cell division and specialisation

Vitamin C, riboflavin, vitamin B6, folic acid, vitamin B12 help to the reduction of tiredness and fatigue. Vitamin B12, folic acid, and vitamin A contribute to the normal function of the immune system. It is important to have a varied and balanced diet and practice a healthy lifestyle!

Ingredients: bulking agent cellulose, ***lactose***, L-ascorbic acid, calcium L-ascorbate, nicotinamide, anti-caking agent magnesium stearate, thiamine mononitrate, riboflavin, pyridoxin hydrochloride, sweetener E951, retinyl acetate, calcium L-methyl folate, D-biotin, glazing agent hydroxypropyl methylcellulose, cyanocobalamin

Recommended daily intake: 1 tablet per day. Do not exceed the recommended daily intake!

Daily intake (1 tablet) contains:

	Amount	% NRV*
Vitamin C	80 mg	100
Vitamin A	600 µg RE	75
Thiamine	1 mg	91
Riboflavin	1 mg	71
Niacin	16 mg NE	100
Vitamin B6	1 mg	71
Folic acid	200 µg	100
Vitamin B12	2 µg	80
Biotin	23 µg	50
Calcium	800 mg	100

* percentage of the Nutrient Reference Value for adults

Do not use the food supplement as an alternative for a varied diet!
Keep out of reach of children!
The product contains aspartame (source of phenylalanine)!

Net quantity: 30 g (30 tablets)
Best before: March 25, 2016
Manufacturer: Company Ltd., Street 1-2, London, United Kingdom
Distributor: Enterprise Ltd, Street 1-2, Tallinn, 12652

Example 2

Green tea extract

Food supplement
30 capsules

Ingredients: maltodextrin, green tea (*Camellia sinensis*) leaf extract, anti-caking agent magnesium stearate, capsule: glazing agent gelatin, colour titan dioxide
Recommended daily intake: 2 capsules per day
Do not exceed the recommended daily intake!
Daily intake (2 capsules) contains:
500–1,000 mg of green tea extract,
250–500 mg of EGCG (epigallocatechin gallate)

Keep out of reach of children!
Do not use the food supplement as an alternative for a varied diet!

Importer: Company Ltd, Street 52, Tartu, 12200
Best before/batch number: see the packaging

Example 3

Immunity syrup

Food supplement with purple coneflower
Purple coneflower helps to maintain a normal immune system

100 ml

Ingredients: water, sugar, purple coneflower (*Echinacea purpurea*) extract

Recommended daily intake: one measuring spoon (10 ml) per day
Do not exceed the recommended daily intake!

Daily intake contains 10 g of purple coneflower

Use: shake hard before using!

Keep the food supplement out of reach of children!
Do not use the food supplement as an alternative for a varied diet!
It is important to have a varied and balanced diet and practice a healthy lifestyle!

Best before: January 1, 2023
Company Ltd, Street 12, Tallinn 15412