



Lemuria®

GreenMixLem

A DIETARY SUPPLEMENT MADE FROM PLANTS AND DERIVATIVES



Vegetables and fruits contain fiber, vitamins, polyphenols and significant quantities of numerous active compounds, which have beneficial effects on health.

Polyphenols are the most abundant of the antioxidant compounds that are consumed in diets. They have beneficial health effects proven in many epidemiological studies. Polyphenols have a greater activity if they are taken in combination rather than as a single compound.

Polyphenols have a powerful antioxidant action that protects cells from aging processes, regulates the activity of enzymes that metabolize toxic or carcinogenic substances, stimulate or inhibit nuclear and cellular receptors that modulate proliferation and apoptosis, protect DNA and affect

on viral bacterial replication. These and many other effects are responsible for the health promoting action of these substances. The benefits of polyphenols are not due to a single isolated polyphenol but to the synergistic activity of the various components present in fruit and vegetables. The simultaneous intake of several vegetables and fruits creates an important synergy of action and increases the antioxidant power of the polyphenols present.

GreenMixLem is especially suitable for children and adults who:

- Lead repetitive diets, lacking an adequate intake of vegetables and fruit, which are unable to change their eating habits.
- Suffer from irritable bowel, inflammatory bowel states, or other conditions that prevent them from taking adequate amounts of vegetables.
- Are convalescing from debilitating diseases, suffering from disorders related to situations of psycho-physical stress, conditions that require a greater intake of substances with antioxidant action.
- Want to supplement their diet with a balanced intake of polyphenols, vitamins and minerals of natural origin.

Ingredients:

Water, fructose, dry vegetable extract titrated to 13.8% in polyphenols composed of: Red beet (Beta vulgaris L) root d.e. 10%, Cabbage (Brassica oleracea L. var. Gemmifera et capitata) leaves d.e. 10%, Artichoke (Cynara scolymus L.) leaves d.e. 10%, Carrot (Daucus carota L.) root d.e. 10%, Chicory

e.s. (Cichorium intybus L.) root 10%, Tomato d.e. (Solanum lycopersicum L.) fruit 10%, Spinach (Spinacia oleracea L.) leaves d.e. 10%, Green tea d.e. (Camellia sinesis L. Kuntze) leaves 10%, Pumpkin (Cucurbita maxima Duchesne) seeds d.e. 10%, Zucchini d.e. (Cucurbita pepo L.) fruit 10%); eon juice. Apple (Malus domestica L.) fruit, juice aeon. Pear (Pyrus communis L.) fruit, juice aeon. Cranberry (Vaccinium macrocarpum L.) fruit, juice aeon. orange (Citrus aurantium var. dulcis fruit), carrot (Daucus carota L. root) and lemon (Citrus limon Burms F. fruit), eon juice. plum (Prunus domestica L. fruit), juice aeon. blueberry (Vaccinium myrtillus L. fruit), Preservatives: potassium

Directions:

Children from 3 years: 5 ml per day

Children from 6 years: 10 ml per day

Children from 12 years and adults: 20 ml per day

The product can be taken as it is or diluted in water or fruit juice.

The product is suitable for children over 3 years old