

# ! i say: • THINK ABOUT YOU!

## i say: CRANBERRY CAPSULES

Food supplement

500mg Cranberry (*Vaccinium macrocarpon*)

Vegan capsules

### WHO CAN USE THE CAPSULES?

Adults and children from the age of 12. Are you pregnant or breastfeeding? Then ask your doctor or apothecary for advice before using this food supplement.

### HOW TO USE THE CAPSULES?

Take one capsule per day with water. Do not exceed the recommended daily dose.

### TABLE: COMPOSITION

| 1 vegan capsule               | Amount per capsule |
|-------------------------------|--------------------|
| Cranberry                     | 500 mg             |
| Other ingredients             |                    |
| Solani Amylum                 | 132 mg             |
| Hydroxypropyl Methylcellulose | 119 mg             |

The capsules are made of plant material (no animal tissue) and are suitable for vegans. The capsules contain no chemicals and have not been tested on animals.

### WARNINGS

- Do not take the Cranberry Capsules if you are hypersensitive to any of the ingredients
- The capsules are for oral use only
- Keep out of reach of children
- Do not use for more than 15 days if you have a history of kidney stones
- This food supplement cannot be used as a substitute for a diet

Make an appointment with your doctor if:

- You are taking anticoagulants
- There is blood in your urine
- You experience any other unwanted effect after taking the capsule

### HOW DO YOU STORE THE CAPSULES?

- Always store the capsules at room temperature (15-25°C), in a dark and dry place.
- Do not use the capsules after the expiration date has passed. The expiration date can be found on the blister and packaging.

### WHAT'S IN THE PACKAGE?

- 2 blisters with 15 capsules
- Instructions for use

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Together with a team of female specialists, I developed the i say: products. For you and for everyone who wants to take good care of their body.

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*Pieterella Bouter*

The text of this manual was last revised in February 2023.