



# Guarana 30 Capsules Nutr basics Drasanvi

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## Description

Guarana is a plant native to the Amazon rainforest, specifically to Peru, Brazil, Colombia, Costa Rica and Venezuela. It contains a number of valuable properties, which help maintain physical and mental wellbeing and are a helpful part of weight loss diets. It is a round yellow fruit with white flesh containing small black seeds. This gives the fruit its nickname – Guarana, a "fruit like the eyes of people."

## Ingredients

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Guarana dry extract (*Paullinia cupana Kunth.*, Ratio 3:1, 22% caffeine) 333 mg, Casing (*Hydroxypropyl Methylcellulose*) , Bulking agent (*Microcrystalline cellulose*) , Bulking agent (*Magnesium salt of fatty acid*) , Anti-caking agent (*Silicon dioxide*)

## Directions

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Take one capsule a day, preferably after breakfast.

## Presentation

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Contains 30 capsules, 489 mg each. Total weight: 14,67 g (0.51 oz)

## Warnings

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Contains caffeine (73,26 mg per daily dose). Not recommended for children, during pregnancy or if breastfeeding. Contains Caffeine 76,26 mg per daily dose. Food supplements should not be used as a substitute for a balanced diet. Do not exceed the expressly recommended daily dose. Keep out of the reach of younger children. Store in a cool, dry place.

## Additional Information

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### **The use of dry extract**

We use dry plant extract instead of powdered plant extract in our guarana capsules. This allows us to concentrate the product, giving exactly the same results just using less of it. For this product we have chosen guarana extract with a ratio of 3:1, which means that we have used 1000 mg of the plant to obtain 333 mg of the extract. "Dry extract" refers to a specific extraction process, during which the active ingredients are retained, while the impurities and other substances that are not needed are removed. The use of plant extracts has a number of advantages over vegetable-based and powdered forms:

1. It is possible to measure the exact amount of active ingredients (standardised extracts)
2. Products based on plant extract are more concentrated than those made from powdered form (a

concentrated dose is easy to take)

3. The assimilation of the active ingredients alone is easier than the assimilation of all of the compounds of the plant, because there are impurities and fibres present in the powder.

## **Standardised extracts**

Another important advantage of our product is the use of standardised extract, i.e. the provision of active plant ingredients remains constant over time. In the case of guarana, this extract is caffeine and it provides you with 73.26 mg per daily dose.

## **Concentrated dose, easy to take**

The use of concentrated dry extract and active ingredients allows us to provide the same dose in just one capsule.

## **Vegetable-based capsules**

The capsules we use are vegetable-based, made from hydroxypropyl methylcellulose, and have been certified by the Vegetarian Society. Hydroxypropyl methylcellulose is obtained from the cellulose found in various plant structures.

## **Free from allergens**

We have ensured that our guarana capsules have not come into contact with the most common allergens, in particular with gluten.

## **Blister packs**

Our guarana capsules come in blister packs: they protect the contents from any knocks as well as from environmental factors, ensuring that the product remains intact for as long as possible. This type of packaging is the best for protection against humidity and microbial contamination.

## Allergen Information

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Allergen-free

## Certifications

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