

Intake instructions

REGOPUR® from Herrens Mark

Intake

30-90 ml/day, preferably with a meal. The intake is gradually increased from 30 ml daily during the initial 3-4 weeks of taking the extract, please see the intake instructions below: The following intake is individual but should be somewhere between 30-90 ml a day.

- If REGOPUR® is used as a detox regime, we recommend that it is used over a minimum period of 3-6 months

Please turn the carton upside down and shake it thoroughly before each intake to mix the plant substances.

Intake instructions

Week	Intake
1st Week	30 ml daily (1 cup)
2nd Week	60 ml daily (2 cups)
3rd Week	90 ml daily (3 cups)
After 3 weeks	30-90 ml daily (1-3 cups)
Following detox regime	60 ml daily (2 cups)
In case of chronic conditions	90 ml daily (3 cups)

Content per daily intake	30 ml	60 ml	90 ml
Fermented Dandelion Extract	30 ml	60 ml	90 ml
Of which potassium	120 mg (6%*)	240 mg (12%*)	360 mg (18%*)
Of which choline	5 mg	10 mg	15 mg
Of which lactic acid bacteria (CFU**)	Min 30m	Min 60m	Min 90m

*% of RI = Recommended Intake, ** CFU = Colony Forming Units

Taste and consistency

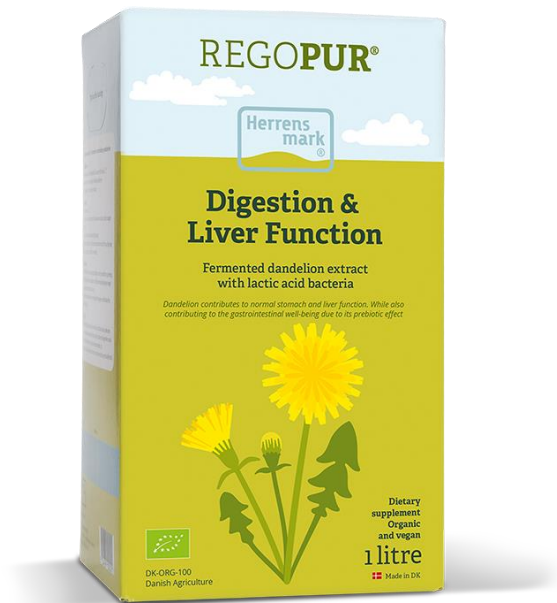
REGOPUR® is a living product with extract from natural sources. A natural development of CO2 might therefore occur as a result - this is of no concern. Taste and consistency may similarly vary from product to product.

Important

The recommended daily intake should not be exceeded. Food supplements should not be used as a substitute for a balanced and varied diet and healthy lifestyle. Keep out of reach of young children. In case of gallstones, please consult your doctor before taking.

Attention

In case of gallstone, please consult your doctor before taking the extract.



REGOPUR® for digestion and liver function

Dandelion contributes to normal stomach and liver function. While also contributing to the gastrointestinal well-being.

Tip for vacations

It is best to bring a half-full bag of extract along with you. Alternatively, you can transfer the extract to smaller, half-litre bottles, with the air pressed out of them, so that the extract is exposed to oxygen as little as possible.

Tip for the taste

The taste is sour, bitter. REGOPUR is best consumed undiluted, however, if necessary, the extract can be mixed 1:1 with sparkling water or juice from sour-tasting berries. The bitter taste is less prominent if the extract is kept refrigerated.

Storage

- At room temperature, but preferably cool
- After opening, store the extract in the fridge as it tastes best cold
- Shelf life: See best before date on the box
- Shelf life does not change after opening

Unique extracts

– with patented manufacturing process

The unique thing about the herbal extracts from Herrens Mark is that they are fermented with lactic acid bacteria. This provides three primary benefits:

1. The extracts reach a pH value of around 4, in which only lactic acid bacteria thrive. This makes the addition of alcohol or other preservatives unnecessary.
2. The fermentation affects the body's ability to absorb the plant substances, including the plant oestrogens in the red clover. The plant oestrogens are naturally bound to sugar molecules (glycone form). The fermentation separates the sugar molecules (aglycone) from the plant oestrogens, giving them a form that can be absorbed directly through the intestinal wall into the bloodstream. Herrens Mark holds a patent on this unique red clover fermentation process.
3. The herbal extracts from Herrens Mark are non-pasteurised, which preserves the live lactic acid bacteria.



Bag-in-Box packaging for longer shelf life

Herrens Mark herbal extracts are supplied in Bag-in-Box packaging. The bag-in-box principle ensures that the packaging is stable, practical, and hygienic. As the bag empties, it shrinks around the remaining contents, preventing oxygenation of the product and ensuring the shelf life of the product for as long as possible.



Plant extracts and living lactic acid bacteria

With all extracts, you get extract from freshly harvested herbs and live lactic acid bacteria. The extracts are produced from fresh organic herbs grown exclusively at the farm.



100 % organic and suitable for vegans

All the herbal extracts from Herrens Mark is 100 % organic and vegan



REGOBONE®

For bone health after
menopause



REGOPUR®

For digestion and
liver function



REGOMEQ®

For menopause

Herrens Mark ApS

– a specialist in organic agriculture

Herrens Mark is a specialised organic farm from the island Funen, Denmark, with a focus on the development of fermented herbal extracts for use in food supplements. The entire process is handled here, from the planting of seeds in the soil until the extract is poured into jars. All the herbs that we use in our products are grown in the farm's own fields, harvested when fresh and carefully processed in the farm's own production facilities. The extracts are fermented with lactic acid bacteria, and when they are ready for sale, they are packed at our own packing facility.

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