

## Product information BOSWELLIA VIDA

**Boswellia Vida** with high-quality frankincense extract (*Boswellia serrata*), OPC from grape seeds, vitamin C and manganese. Contributes to normal bone and cartilage function and the formation of connective tissue.

Frankincense contains a mixture of essential oils, resins and proteins, the quantities of which vary depending on the species. As *Boswellia serrata* has the highest content of physiologically interesting ingredients, this species in particular is attracting scientific interest. *Boswellia Vida* contains a dry frankincense extract from Indian frankincense (*Boswellia serrata*) with a high with a high content of these physiologically interesting substances.

*Boswellia Vida* also contains lecithin from sunflowers with 20% phosphatidylcholine. Lecithins influence the permeability of a membrane (skin, mucous membrane). Studies have shown that the absorption and bioavailability of lipophilic (fat-soluble) ingredients is increased and improved by the addition of lecithins as emulsifiers.

Grape seed extract contains a remarkable amount of OPC (oligomeric proanthocyanidins). The grape seed extract from Italy used for *Boswellia Vida* has an excellent ORAC value of over 1,660,000  $\mu\text{mol TE}/100\text{g}$  (value for antioxidant capacity). OPCs are very well researched secondary plant substances (see studies on PubMed).

### Advantages of *Boswellia Vida*

- Indian frankincense (*Boswellia serrata*)
- Increased bioavailability thanks to sunflower lecithin
- Grape seed extract with > 60% OPC
- Vegan capsules made from HPMC

### Recommended intake

We recommend taking 1 capsule daily with a little liquid.

### Instructions for use

This product is not a substitute for a varied, balanced diet, fresh fruit and vegetables and a healthy lifestyle. Store in a cool, dry place and out of the reach of small children. Do not exceed the recommended intake

### Minimum shelf life

36 months

### Ingredients

22% *Boswellia serrata* extract, grape seed extract, sunflower lecithin, hydroxypropyl methylcellulose (vegetable capsule shell), mannangluconate, L-ascorbic acid (vitamin C).

Nutrients and other substances for 1 capsule	
Frankincense extract	100mg
OPC from grapes	60mg
Manganese	1mg (50%*)
Vitamin C	40mg (50%*)

\* NRV = % of the nutrient reference values

### Net quantity

Net content 49g. 90 vegan, vegetable capsules

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