

# Botanical Supplement Application Guide

**Product Category:** Food Supplement (Botanical Extract)

**Jurisdiction:** United Kingdom (FSA) / European Union (EFSA)

**Compliance Standard:** General Product Safety Regulation (GPSR) 2026

## 1. DIRECTIONS FOR USE

To ensure safety and efficacy, please follow these instructions for application:

- **Standard Intake:** Consume 1 to 2 capsules daily. Do not exceed this recommended daily intake.
- **Method:** Swallow with a full glass of water. For optimal absorption of herbal extracts, it is best taken with or immediately after a meal.
- **Timing:** Maintain a consistent schedule daily to support biological assimilation of active botanical compounds.

## 2. ESSENTIAL SAFETY INFORMATION

- **Variety:** Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle.
- **Medical Oversight:** If you are pregnant, nursing, taking any medication (particularly blood pressure or anticoagulants), or have a pre-existing medical condition, consult your physician before use.
- **Age Restriction:** This product is intended for adult use only.
- **Storage:** Store in a cool, dry place away from direct sunlight and humidity. Keep the Mylar pouch sealed when not in use.

## 3. STORAGE & PRODUCT INTEGRITY

Keep out of reach of children. Do not use if the seal is broken or the packaging appears compromised upon delivery.

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