Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

For presentation to UK market.

**FRONT LABEL**

Charcoal

Food Supplement

300mg x 120 Capsules

SUITABLE FOR VEGETARIANS & VEGANS

**BACK LABEL**

**Directions:**

Adults, take 2-8 capsules daily with a glass of water.

At higher levels take 4 capsules at least 30 minutes before and 4 capsules shortly after eating a meal.

Do not exceed recommended daily dose.

**Product Information:***Typical per capsule:*

Charcoal 300mg

**Ingredients:**

Charcoal, Capsule Shell: Hydroxypropyl Methylcellulose.

**Allergy Advice**: Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for use by pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle.

**Storage:**

For best before end and batch number see base.

Store in a cool, dry place out of reach of children.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator.

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-430$front

Back Label: PL-430$back

**Label Size**

970px x 1655px at 600DPI (that's 84mm x 140mm)