



Not only do we make the supplements! We make the supplements BETTER.

# BUTTERBUR AND BUTTERBUR WITH FEVERFEW

90 VEGI CAPSULES



UPC # 00495

UPC # 00126

## WHAT IS BUTTERBUR ?

Butterbur is an herb. People use the leaf, root, and bulb to make medicine. Some butterbur preparations contain chemicals called pyrrolizidine alkaloids (PAs), which can damage the liver and cause other serious harm. Only butterbur products that are certified and labeled “PA-free” should be used.

Butterbur is used for pain, upset stomach, stomach ulcers, migraine and other headaches, ongoing cough, chills, anxiety, plague, fever, trouble sleeping (insomnia), whooping cough, asthma, hay fever (allergic rhinitis), and for irritable bladder and urinary tract spasms. Butterbur is also used to stimulate the appetite.

Some people apply butterbur to the skin to improve wound healing.

- How does it work?

Butterbur contains chemicals that might relieve spasms and decrease swelling (inflammation).

- Possibly Effective for:

Preventing migraine headaches. Taking butterbur by mouth seems to prevent migraine headache. Using a specific extract from the butterbur root over 16 weeks can reduce the number and severity of migraine headaches and the length of time they last. This butterbur extract seems to reduce the number of migraine headaches by almost half. Doses of at least 75 mg twice daily seem to be necessary for best results. Lower doses of 50 mg twice daily may not be effective in adults. There is also some evidence that this butterbur extract can decrease the frequency of migraine headaches in children aged 6-17 years. The butterbur extract researchers used was standardized to 15% petasin and isopetasin (the active ingredients in butterbur) and was free of liver-damaging chemicals called pyrrolizidine alkaloids (PAs). It was made by Petadolex, Weber&Weber, GmbH & Co. of Germany.

Hay fever caused by grass pollen. Taking a specific butterbur leaf extract seems to decrease nose discomfort in people with hay fever. Some evidence also suggests that this extract might be as effective as 10 mg per day of cetirizine (Zyrtec) or 180 mg per day of fexofenadine (Allegra). The leaf extract used in the research was made by Tesalin, Ze 339, Zeller AG, was free of pyrrolizidine alkaloids (PAs), and was standardized to 8 mg total petasin, an active ingredient. Mental illnesses that cause physical pain (somatoform disorders). A study found that taking a product containing butterbur, valerian root, lemon balm leaf, and passionflower reduces anxiety and depression in people with physical pain.

	BUTTERBUR	BUTTERBUR WITH FEVERFEW
<b>Suggested Use</b>	<b>Supplement Facts</b>	<b>Supplement Facts</b>
As a dietary supplement, take one (1) capsule twice a day with meals, or as directed by a health care professional.	Serving Size: One (1) Vegi Capsule	Serving Size: One (1) Vegi Capsule Serving per container: 90
<b>KEEP OUT OF REACH OF CHILDREN</b>	Amount Per Serving %DV	Amount Per Serving %DV
<b>WARNING:</b> If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult a doctor if any adverse reactions occur.	Butterbur (Petasites hybridus) 75 mg †	Butterbur (Petasites hybridus) 75 mg † Feverfew Flower Extract 400 mg † (0.2% Parthenolides = 0.76 mg)
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.	† Daily Value Not Established	† Daily Value Not Established
	<b>Other Ingredients:</b> Hypromellose (derived from cellulose) Capsule	<b>Other Ingredients:</b> Hypromellose (derived from cellulose) Capsule



www.metalabsinc.com



Roswell, GA 30076



1-800-790-8820