

Fibrosame 30 Tablets

EAN: 5605481108488 FABRICANTE: DIETMED



It is a dietary supplement based on magnesium, Griffonia simplicifolia, S-adenosylmethionine, quercetin, and rosehip valerian. It modulates the symptoms of fibromyalgia, promotes nervous, muscular and immune metabolism and alleviates fatigue.

DESCRIPTION

When is Fibrosame indicated?

Indicated in:

- Fibromyalgia.
- Fatigue.
- Depression.

Ingredients

Bulking agent: microcrystalline cellulose, magnesium oxide, S-Adenosylmethionine, *Valeriana officinalis L.* (Valerian; root extract at least 0.6% sesquiterpenes), *Rosa canina L.* (dry extract 20:1 of the fruits), *Griffonia simplicifolia* (dry extract of the seeds, 5-HTP), quercetin, anti-caking agents: magnesium salts of fatty acids, silicon dioxide.

Composition

For 2 tablets: Magnesium 375 mg (100% VRN*), S-Adenosylmethionine (SAM-e) 300 mg, Valerian 300 mg, Rosa Canina 250 mg (eq. to 5 g), Griffonia (5-HTP) 200 mg, Quercetin 70 mg. * Nutrient Reference Value.

MAGNESIUM

It is essential for all energy-dependent transport systems, glycolysis, oxidative energy metabolism, biosynthetic reactions, normal bone metabolism, neuromuscular activity, electrolyte balance, and cell membrane stabilization. Magnesium has been proposed as a therapy for fibromyalgia based on its muscle-enhancing properties, including increased mitochondrial ATP production.

GRIFFONIA SIMPLICIFOLIA/ 5-HTP

It is a supplement obtained from the seeds of an African plant (*Griffonia simplicifolia*). 5-HTP is converted



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into the neurotransmitter serotonin and raises its levels. Serotonin plays a key role in insomnia and depression. In addition to increasing serotonin levels, 5-HTP also causes an increase in the levels of endorphins and other neurotransmitters.

S-ADENOSYLMETHIONINE (SAM-e)

It is a natural compound, it is the main donor of the methyl group to a wide variety of acceptors (catecholamines, biogenic amines, phospholipids, proteins and nucleic acids) in the central nervous system. SAM-e is considered to have antidepressant and anti-inflammatory properties, having a beneficial effect on fibromyalgia.

QUERCETIN

It is a flavonoid-type phenolic compound extracted from plants with proven anti-inflammatory and antioxidant activity, preventing joint degradation. Flavonoids can be beneficial for connective tissue for various reasons, such as limiting inflammation and the respective tissue degradation, improving local circulation, as well as promoting a strong collagen matrix.

VALERIANA (VALERIANA OFFICINALIS L.)

Valerian root contains two substances of pharmacological interest: valepotriates (found mainly in alcoholic extracts) and sesquiterpenes (found in aqueous solutions). Valepotriates reduce anxiety and have a more tranquilizing than sedative effect. In contrast, sesquiterpenes have a more sedative than anxiolytic effect.

CANINE ROSE (ROSA CANINA L.)

The fruit of the rose bush (*Rosa canina*) has been used as a medicine in a wide range of diseases, including inflammatory diseases. The anti-inflammatory and antioxidant properties have been evaluated in vitro and the active components have been isolated. *Rosa canina* contains antioxidant nutrients and an anti-inflammatory galactolipid.

Instructions for use

1 tablet 2 times a day, preferably before meals.

Contraindications

It is not recommended for use during pregnancy or breastfeeding.

Chronic magnesium supplementation and the use of magnesium-containing supplements, such as



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laxatives and antacids, may lead to hypermagnesemia in people with renal insufficiency. It may cause occasional digestive disturbances and possible allergic reactions.

If you are taking sedative medications, calming supplements, or sleep aids, start taking this product only on the recommendation of a health care professional. Driving or operating dangerous machinery should be avoided 1 to 2 hours after taking valerian. Patients with liver failure should have their transaminase levels monitored and should they be stopped if there is a significant increase.

Drug Interactions and Others

Due to the presence of Magnesium, it should not be taken with quinolones and tetracyclines (antibiotics). It should not be used together with oral anticoagulants. Interactions with antidepressants may occur. Alcohol, benzodiazepines (in general) and barbiturates can enhance the sedative effect of valerian.

