



Red Clover Extract and Dandelion Extract

– Fermented with lactic acid bacteria



Fermented herbal extracts for
your daily well-being – since 1959

Red Clover Extract

For women during and after the menopause



Fermented Red Clover Extract – your help during the menopause

Relieves menopausal symptoms:

- Hot flashes
- Sweating
- Mood swings
- Poor sleep and the lack of energy this entails
- Sluggish digestion

- **Fermented with lactic acid bacteria**
- **Rich in natural phytoestrogens**
- **Unpasteurised**
- **Alcohol and additive-free**
- **100% vegan, gluten and lactose-free**

Red clover's high content of phytoestrogens, also called isoflavones, is particularly interesting. Phytoestrogens have a structure similar to oestrogen. They can therefore balance out the natural decrease in oestrogen that occurs during and after menopause.

The herb was used by herbalists back in time and has long been associated with the menopause. The high phytoestrogen content can help promote a calm and more comfortable menopause and alleviate symptoms such as hot flashes and sweat secretion, and strengthen the mental balance.

Red Clover Extract consists of the pressed juice of the leaves and flowers of the red clover. The plants are harvested during the summer when they are fresh and brimming with vitality, then pressed and fermented in a process that makes the product long lasting and which assists us in absorbing phytoestrogens.

Peppermint, lemon balm and sage are added to the extract. The herbs have been carefully selected in collaboration with Rikke Goerlich, the head of Urteskolen (The Herb School).

The lactic acid fermentation separates the glucose from phytoestrogens, making the phytoestrogens easily absorbable.

THE INTENSITY OF SWEAT SECRETION

START



AFTER 3 MONTHS



(Source: PLOS One)

Dandelion Extract

Natural dietary supplement
with many benefits



Fermented Dandelion Extract – **boosts the body's well-being**

- Helps improve digestion
- High content of bitter substances
- Cleansing
- Can be used daily,
or as a 3-month treatment

- **Fermented with lactic acid bacteria**

- **Unpasteurised**

- **Alcohol and additive-free**

- **100% vegan, gluten and lactose-free**

Helps improve digestion

The bitter substances and the lactic acid bacteria content in Herrens Mark's fermented Dandelion Extract can help improve your digestion.

High content of bitter substances

The dandelion is known for its high content of bitter substances, which can help stimulate liver function and bile secretion.

Cleansing

If the Dandelion Extract is used when detoxing, we recommend that it be used over a period of at least 3–6 months.

Greater well-being

Dandelion has many uses and may be of benefit to anyone wishing to boost their body's well-being.

High content of bitter substances

The dandelion is known for its high content of bitter substances. Herbalists have used it over the years in connection with digestive and cleansing processes. The special bitter substances improve digestion and cleanse, promoting greater bodily well-being, whether you are afflicted with a chronic condition or you are looking for a versatile detox product.

Lactic acid bacteria

Fermented Dandelion Extract by Herrens Mark contains live lactic acid bacteria that can support gut microbiota and digestive health while preserving the extract naturally.

Extraction

The juice is made from the pressed juice of fresh organic dandelion leaves, flowers and roots. The fresh yellow flowers and green leaves are harvested in the spring, when they are most juicy and potent. Similarly, the roots are harvested in the autumn, when the highest concentration of bitter substances is found in the roots of the plant.

Dandelion Extract by Herrens Mark is a unique product that has been on the market for more than 50 years. The product contains active substances from the entire plant: the leaves, flowers and roots.



Unique extracts

– patented manufacturing process

What makes Herrens Mark herbal extracts unique is the fact that they are fermented with lactic acid bacteria. There are three main benefits of this:

1. The extracts reach a pH of around 4, where only lactic acid bacteria thrive, eliminating the need to add alcohol or other preservatives.
2. Better absorption of the plants' active substances, including phytoestrogen from the red clover. The phytoestrogens are naturally bound to sugar molecules (glycone form). Fermentation separates the sugar molecules from the phytoestrogens (aglycone form), giving them a form that can be absorbed directly through the intestinal wall into the bloodstream. Herrens Mark has applied for a patent for this unique processing of red clover.
3. Herrens Mark's herbal extracts are not pasteurised, preserving the live lactic acid bacteria and thereby aiding good digestion.



LONG SHELF LIFE THANKS TO BAG-IN-BOX PACKAGING

Red Clover and Dandelion Extract by Herrens Mark come in a 1- and 2-litre bag-in-box. The bag-in-box principle ensures that the packaging is stable, practical and hygienic. As the bag is emptied, it closes around the remaining contents, preventing oxidation of the product and ensuring that it lasts for as long as possible.



TWO PRODUCTS IN ONE BOX

With both extracts, you get a 2-in-1 product: the active herbal substances + the beneficial lactic acid bacteria. The extracts are produced from fresh, organic herbs grown exclusively by ourselves.



100% ORGANIC AND VEGAN AS WELL AS GLUTEN- AND LACTOSE-FREE

All herbal extracts from Herrens Mark are 100% organic and vegan. They are also gluten- and lactose-free.



THE FLAVOUR

The Red Clover and Dandelion Extracts have an unusual, sour flavour. If you wish, you can mix the Red Clover Extract with juice. However, it is best to drink the Dandelion Extract neat as the bitter taste on the tongue stimulates the secretion of bile. Both extracts taste best cold.

Daily use and dosage

– of fermented herbal extracts by Herrens Mark



Red Clover Extract

Dosage for menopausal symptoms

- Recommended dose for the first 2–3 weeks: 120 ml/day (2 cups in the morning and 2 cups in the evening).
- Most women notice an effect on hot flashes after 2–3 weeks, others after just a few days.
- The dose can then be reduced to 60 ml/day (1 cup in the morning and 1 cup in the evening).
- If the hot flashes return, increase to the appropriate amount of between 60 and 120 ml/day.
- Remember to shake the extract before use as the phytoestrogens may sink to the bottom.

Dosage for other uses

- Recommended dose: 2 x 50 ml/day. (50 ml in the morning and 50 ml in the evening).
- Supplements of calcium, vitamin D and magnesium are recommended.
- Remember to shake the extract before use as the phytoestrogens may sink to the bottom.



Dandelion Extract

Dosage

Dandelion Extract can be taken daily. The daily dose is then 1–2 cups (30–60 ml). We recommend that you take Herrens Mark Dandelion Extract with a meal, preferably both with breakfast and the evening meal.

Dosage if in general good health

- Recommended dose: 30 ml/day (1 cup morning or evening).

Dosage in chronic cases

- Recommended dose: 90 ml/day (3 cups) until you notice an effect. Then 60 ml/day.

Dosage when detoxing

- Recommended dose: minimum 3 months with a daily dose of at least 60 ml/day (1 cup in the morning and 1 cup in the evening).

Herrens Mark Aps

– a balanced life at one with nature

We develop, produce and sell organic, fermented herbal extracts. We handle the entire process from the sowing of the seed in the soil until the extract is ready to pour into a glass. All herbs are grown in our own fields, which are harvested fresh and carefully processed in our own production facilities. The extracts are fermented with lactic acid bacteria, and when they are ready for sale, they are packaged at our own packing facility.

The plants are our lifeblood. We endeavour to harness the vitality and power of the plants in the best possible way to ensure that they can contribute harmoniously to human well-being, without side effects and synthetic production.



Herrens
mark



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FOR MORE INFORMATION, VISIT

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