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Metabolism

Data Sheet

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Metabolism



Holistic support for your metabolism

The metabolism bundle from artgerecht combines three targeted complexes for blood sugar balance, thyroid function, and liver health. High-quality plant extracts, essential micronutrients, and scientifically-backed formulations support a stable metabolism and promote the body's natural regeneration.

Metabolism in Balance - Natural and Effective

Specifically tailored to the key metabolic organs - for energy, hormone balance, and detoxification.

- Blood Sugar Regulation
- Thyroid Function
- Liver Health
- Vegan & Pure
- Holistic Approach

What is Metabolism?

The **Metabolism Set** is a targeted combination of three high-quality complexes - Blood Sugar Complex, Thyroid Complex, and Liver Complex - that together support metabolism across its full spectrum. Metabolism is a highly complex system of biochemical processes responsible for **energy production, nutrient transport, and detoxification**. Factors such as stress, an unbalanced diet, and environmental toxins can disrupt this finely tuned mechanism, leading to fatigue, weight gain, or digestive issues.

The Metabolism Bundle targets the **three central regulatory mechanisms** of the body: Blood sugar regulation affects **energy supply** and ensures a **balanced insulin release**. The thyroid, through its hormones, controls the **speed of metabolism** and determines how efficiently the body **burns calories**. The liver plays an essential role in **detoxification** and **regulates fat and nutrient metabolism**. By specifically supporting these three systems, the

Metabolism Bundle helps bring the **body into balance**, enhances **performance**, and promotes **overall well-being**.

Why Metabolism from artgerecht?

- High-dose plant extracts & micronutrients
- Scientifically-backed active ingredient combinations
- Vegan and lab-tested
- Sustainable packaging made from MIRON glass
- Designed for long-term metabolic balance

Scientific background to Metabolism?

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Frequently Asked Questions

Who is the Metabolism Bundle suitable for?

For anyone looking to support their metabolic health – ideal for fatigue, hormonal fluctuations, or detoxification needs.

How do I take the Metabolism Bundle?

Blood Sugar Complex: Take 2 capsules daily with water / Thyroid Complex: Take 2 capsules daily with a meal / Liver Complex: Take 2 capsules daily with 150 ml of water at breakfast.

Can I take the complexes individually?

Yes, each product is also available separately, but taking them together enhances metabolic support.

How long should I take the bundle?

Regular use over several weeks is recommended to achieve the full effect.

Are the products vegan and free from additives?

Yes, all three complexes are vegan, non-GMO, and contain no artificial additives.

Can I combine the Metabolism Bundle with other artgerecht products?

Yes, it pairs perfectly with products like Amin or Floral.

Additional information

- SKU/MPN: 24019
- Version: 16.04.2026

