

## FRENCH SPIRULINA + SELENIUM

90 x 490 mg capsules  
Net weight: 44.1 g

### INGREDIENTS AND NUTRITIONAL COMPOSITION FOR THE MAXIMUM DAILY DOSE (6 CAPSULES):

French spirulina 2 g, ulva lactuca ulvaline 300 mg (crustaceans), vegetarian capsule, selenium-enriched yeast 60 mg (i.e. 110 µg of selenium – 200% RDA), vitamin B6 1.4 mg (i.e. 100% RDA).

### RECOMMENDATIONS FOR USE:

3 to 6 capsules per day to be taken at mealtimes with a glass of water. 3 capsules/day for 2 weeks, then 6 capsules/day for 1 week.

### CLAIMS:

Selenium contributes to the proper functioning of the immune system and to normal thyroid function. Vitamin B6 contributes to reducing fatigue and to the proper functioning of the nervous and immune systems. Spirulina (6 capsules/day) strengthens vitality, helps to maintain energy and tonicity, and may be used in the event of temporary fatigue. It helps to strengthen immune defences and promotes the body's resistance.

### WARNING:

Food supplements are to be taken as part of healthy lifestyle and should not be used as substitutes for a varied, balanced diet. Comply with recommendations for use and do not exceed the recommended daily dose. Keep out of the reach of children. Not recommended for pregnant or breastfeeding women and those sensitive to iodine. Children should avoid consumption.