



## Lutein Capsules 20 mg

Nutritional supplement  
with lutein, zeaxanthin and vitamin B2

### Good to know:

The carotenoids lutein and zeaxanthin accumulate primarily in the macula ("yellow spot") of the eye, the area used for sharpest vision. They help to filter the short-wave blue light that is particularly damaging to the eyes, which is why lutein is often called a "pair of natural sunglasses". Vitamin B2 also called riboflavin, helps maintain a healthy, normal vision.

### Lutein Capsules 20 mg

- complement the storage of lutein in the eye
- with riboflavin (vitamin B2) for the retention of healthy, normal eyesight

Each capsule contains 20 mg pure lutein.

	per capsule	% of the recommended daily requirement NRV*
Lutein	20 mg	**
Zeaxanthin	1 mg	**
Vitamin B2	4.2 mg	300

\*NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011\*\*

\*\*No reference value has yet been established

**Ingredients:** Linseed Oil, Gelatin, Safflower Oil, humectant Glycerin, Lutein Oil with Lutein (4 %) and Zeaxanthin; anticaking agent Silicon Dioxide, Vitamin B2, colouring agent Iron Oxide.

**Recommended dose:** 1 capsule daily to be swallowed with sufficient liquid.

Keep out of direct sunlight. Store dry and not above 25°C.

Nutritional supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

**Contents 90 capsules = 43 g**

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