Lutein Capsules
With beta-carotene as a vitamin A preliminary stage
+ blueberry powder

Contains: 90 capsules

Information
Blueberries belong to the family of Ericaceae and are a popular food to collect in local woods and consume during the summer months because of their fruity and pleasant flavour.

Lutein is an intensely yellow-coloured substance that belongs to the carotenoid group. Unfortunately the human organism is unable to produce lutein itself. Certain amounts of lutein are present in dark green leaf vegetables such as broccoli, spinach and kale. However, it is also present in egg yolks.

Lutein capsules contain a balanced blend of 6 mg lutein with beta-carotene and blueberry extract.

The body transforms beta-carotene into vitamin A as required. Vitamin A can then contribute to the preservation of vision.

One capsule contains 300 mg blueberry powder, 6 mg lutein, 2 mg beta-carotene.

Ingredients
Blueberry fruit powder (blueberry fruit powder, maltodextrin) (60.5%); gelatine; beta-carotene (beta-carotene, modified maize starch); rice starch; lutein (1.2%); release agents: magnesium salts of edible fatty acids, silicon dioxide.

Information concerning nutrients and substances with a specific nutritional effect

<table>
<thead>
<tr>
<th>nutrients</th>
<th>per recommended dose (1 capsule/day)</th>
<th>% of the reference quantity*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lutein</td>
<td>6 mg</td>
<td>**</td>
</tr>
<tr>
<td>Blueberry fruit powder</td>
<td>330 mg</td>
<td>**</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>333 μg RE</td>
<td>41%</td>
</tr>
<tr>
<td>consists of beta-carotene</td>
<td>2 mg</td>
<td>**</td>
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</table>

* Reference quantity pursuant to directive 1169/2011 (EU)
** No reference quantity available

Dietary supplement

Recommended dosage
One capsule to be taken once a day.

Note

- Do not exceed the recommended daily dose.
- Dietary supplements should not be used as a substitute for a balanced and varied diet. Make sure you adopt a healthy lifestyle.
- Do not store the product within the reach of small children.