

BRUDYMACULA®

Food Supplement

Supplement with Omega-3 fatty acids in triglyceride form (DHA 70%, EPA 8,5%, DPA 6%), Vitamins (E, C), Lutein, Zeaxanthin, and Trace elements (Zn, Cu)

COMPOSITION	In 1 capsule	%RI*
Omega-3 fatty acids		
Docosahexaenoic (22:6 ω 3, DHA) (mg)	350	-
Eicosapentaenoic (20:5 ω 3, EPA) (mg)	42,5	-
Docosapentaenoic (22:5 ω 3, DPA) (mg)	30	-
Vitamins		
Vitamin C (mg)	80	100
Vitamin E (mg α -TE)	12	100
Other components		
Lutein (mg)	5	-
Zeaxanthin (mg)	1,4	-
Trace elements		
Zinc (mg)	10	100
Copper (mg)	1	100

*RI: Reference intake for 1 capsule

ENERGY VALUES

kcal	6
kJ	25

INGREDIENTS

Omega-3 fatty acids concentrated fish oil, gelatin, Vitamins (L-ascorbic acid, D-alpha tocopherol), Moisturizers (glycerol, sorbitol), Stabilizers (fatty acids in mono and diglyceride form), Natural Carotenoids (lutein, zeaxanthin), Emulsifiers (soya lecithin), Trace elements (zinc oxide, cupric sulfate), Dyes (titanium dioxide, copper complexes of chlorophyllin). *Gluten and dairy free.*

NUTRITIONAL AND PHYSIOLOGICAL EFFECT

BRUDY MACULA has been conceived to supplement daily requirements in essential fatty acids of the Omega-3 family and of the included group of vitamins, minerals and carotenoids, such as lutein and zeaxanthin. Docosahexaenoic acid (DHA) is a polyunsaturated Omega-3 fatty acid which is necessary for normal brain and visual function. This benefit is obtained with the intake of 250 mg of DHA a day. Eicosapentaenoic acid (EPA) and docosahexaenoic acid contribute to normal heart function. The beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA. Lutein and zeaxanthin are deposited in the retina and in the macula where they act as a biological filter for light. Zinc contributes to normal sight maintenance. Vitamins C and E, and the minerals such as zinc and copper, help to protect cells from oxidative damage.

INSTRUCTIONS FOR USE

A daily dose of 1 capsule per day is recommended, accompanied by a glass of water at meal times.

WARNINGS

Food supplements should not be used as a substitute for a balanced diet. It is important to maintain a healthy lifestyle. Do not go over the recommended daily dose. **KEEP OUT OF THE REACH OF CHILDREN.**

STORAGE

Best if consumed before the end of the month printed on the container. Keep in a cool, dry place.

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BRUDYLAB®

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