

BRUDYRETINA 1,5g[®]

Food Supplement

Supplement with Omega-3 fatty acids in triglyceride form (DHA 70%, EPA 8,5%, DPA 6%), Vitamins (B1, B2, B3, B6, B9, B12, C, E), Lutein, Zeaxanthin, and Trace elements (Se, Mn, Zn, Cu).

COMPOSITION	In 1 capsule	In 3 capsules	%RI*
Omega-3 fatty acids			
Docosahexaenoic (22:6 ω 3, DHA) (mg)	350	1.050	-
Eicosapentaenoic (20:5 ω 3, EPA) (mg)	42,5	127	-
Docosapentaenoic (22:5 ω 3, DPA) (mg)	30	90	-
Vitamins			
Vitamin B1 (mg)	0,37	1,1	33-100
Vitamin B2 (mg)	0,47	1,4	33-100
Vitamin B3 (mg-NE)	5,3	16	33-100
Vitamin B6 (mg)	0,47	1,4	33-100
Vitamin B9 (μ g)	66,7	200	33-100
Vitamin B12 (μ g)	0,83	2,5	33-100
Vitamin C (mg)	26,7	80	33-100
Vitamin E (mg α -TE)	4	12	33-100
Other components			
Lutein (mg)	3	9	-
Zeaxanthin (mg)	0,3	0,9	-
Glutathione (mg)	2	6	-
Trace elements			
Zinc (mg)	1,66	5	16,7-50
Copper (mg)	0,16	0,5	16,7-50
Selenium (μ g)	9,16	27,5	16,7-50
Manganese (mg)	0,33	1	16,7-50

*RI: Reference intake for 1 to 3 capsules

ENERGY VALUES

kcal	5,7	17,1
kJ	23,5	70,5

INGREDIENTS: Omega-3 fatty acids concentrated fish oil, gelatin, Moisturizers (glycerol, sorbitol), Stabilizers (bee wax), Vitamins (L-ascorbic acid, D-alpha tocoferol, nicotinamide, cyanocobalamin, pyridoxine hydrochloride, riboflavin, thiamine nitrate, folate), Glutathione, Thickener (silicon dioxide), Natural Carotenoids (lutein, zeaxanthin), Emulsifiers (soya lecithin), Trace elements (zinc oxide, manganese sulfate, copper sulfate, sodium selenite), Purified water, Dyes (iron oxide). *Gluten and dairy free.*

NUTRITIONAL AND PHYSIOLOGICAL EFFECT: BRUDY-RETINA 1,5g 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, selenium, copper, and manganese, help to protect cells from oxidative damage. Vitamins B2, B6 and B12 contribute to the normal function of the nervous system, and vitamins B6, B9 and B12 contribute to normal homocystein metabolism. Vitamin B2 also contributes maintaining normal function of skin and mucous membranes, as the conjunctiva.

INSTRUCTIONS FOR USE: It is recommended a daily dose of 1 to 3 capsules per day, 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.



BRUDYLAB[®]

BRUDYLAB, S.L.

Riera de Sant Miquel, 3 2^o 4^o, 08006 Barcelona

Tel. + 34 93 217 03 66

www.brudylab.com