

selenium BRONZ

How to use

Adults and children from 12 years :

Take 1  with a large glass of water twice a day, **mornings and evenings**, with the meal.

Take the tablets for 2 weeks prior to and during the entire period of exposure to the sun or UV rays. Continue taking the tablets for 2 weeks after the exposure period.

Precautions

selenium BRONZ does not protect from the harmful effects of exposure to sunlight and uv radiation. The use of a sun cream remains indispensable.

Pregnancy and breast-feeding : during these periods, it is best not to take selenium BRONZ

Enhances your tan



ADVICE

Start your cure
14 days before
sun exposure

INGREDIENTS PER TABLET

POLYPODIUM LEUCOTOMOS _ 263 mg

ASTRAGALUS _____ 50 mg antioxidant

VITAMINE PP _____ 24 mg to keep skin healthy
2 tablets = 48 mg, which is 300% of the NRV*

SELENIUM _____ 40 µg antioxidant
2 tablets = 80 µg, which is 145% of the NRV*

COPPER _____ 0,076 mg antioxidant
2 tablets = 0,15 mg, which is 15% of the NRV*

*NRV = Nutrient Reference Values