

# selenium INTENSE

## GLOWING SKIN

+ ANTI-AGING



### INSTRUCTIONS FOR USE

Adults and children over 8 years : take 1 capsule with a large glass of water twice a day, mornings and evenings, with the meal. Take the capsules for 2 weeks prior to and during the entire period of exposure to the sun or UV rays. Continue taking the capsules for 2 weeks after the exposure period.

### ANTI-AGING :

1 capsule a day throughout the year.

**PRECAUTIONS :** selenium INTENSE 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 preferable to avoid taking selenium INTENSE.



**Tilman®**

**INGREDIENTS PER CAPSULE:** Evening primrose oil (*Oenothera biennis* L.) (7.7% AGL) 500 mg • fish gelatine (capsule) • Safflower oil 135 mg (*Carthamus tinctorius* L.) • humectant: glycerol • thickener: silicon dioxide • vitamin PP 24 mg (2 capsules = 48 mg or 300% of the NRV\*) • Natural vitamin E 10 mg (2 capsules = 20 mg, or 167% of NRV\*) • Beta-carotene 2.3 mg (2 capsules = 700 µg equivalent vitamin A, or 88% of NRV\*) • Tomato extract (*Solanum lycopersicum* L) lycopene 2 mg • Selenium 40 µg (2 capsules = 80 µg, i.e. 145% of the NRV\*) • water • colours: iron oxides and hydroxides.

### For all skin types

#### PER CAPSULE

PRIMROSE OIL	500 mg	fatty acid omega-6
<i>Oenothera biennis</i> (2 capsules = 77 mg AGL)		
SAFFLOWER OIL	135 mg	hydrates the skin
<i>Carthamus tinctorius</i>		
VITAMINE PP	24 mg	to keep skin healthy
2 capsules = 48 mg, which is 300% of the NRV*		
VITAMINE E	10 mg	antioxidant
2 capsules = 20 mg, which is 167% of the NRV*		
BETA CAROTENE	2.3 mg	natural pigment
2 capsules = 700 µg vitamin A-equivalent, which is 88% of the NRV*		
LYCOPENE	2 mg	natural pigment
SELENIUM	40 µg	antioxidant
2 capsules = 80 µg, which is 145% of the NRV*		

\*NRV = Nutrient Reference Values