



## Carotene Capsules

Food supplements with carotenoids

### Good to know:

Carotene capsules are a valuable food supplement containing carotenoids and vitamin E, evening primrose oil and skin-friendly vitamins such as Vitamin B2, niacin and biotin. Evening primrose oil contains biologically active polyunsaturated essential fatty acids (in particular gamma-linolenic acid), which are of great importance to the human body and cannot be produced by the body itself. A positive side effect of the carotene is the so-called "carrot-effect" which can cause the skin to turn sun-like brown and gives it a healthy color.

Therefore, many customers start to take about two to four weeks before their holidays or the sunny summer season carotene capsules.

**Ingredients:** Evening Primrose Oil, Gelatine, moisturizing agent Glycerol, filler Sunflower Oil, Vitamin E, Niacin, Natural Carotenoids (1%), Calcium D-pantothenate, thickener Silicon Dioxide, Vitamin B6 Hydrochloride, Vitamin B2, Vitamin B1 Mononitrate, antioxidants greatly tocopherol-rich Extracts of natural origin, Folic Acid, Biotin, Vitamin B12.

|                                | per capsule       | per daily dose<br>(=2 capsules) | % of the<br>daily intake<br>according to NRV* | per 100 g<br>capsules |
|--------------------------------|-------------------|---------------------------------|---|-----------------------|
| evening primrose oil           | 300 mg            | 600 mg                          | **  | 50 g                  |
| of which fat                   | 300 mg            | 600 mg                          | -   | 50 g                  |
| of which saturated fatty acids | min. 13.5 mg      | min. 27.0 mg                    | -   | 2 g                   |
| unsaturated fatty acids        | min. 243 mg       | min. 486 mg                     | -   | 40 g                  |
| of which                       |                   |                                 |   |                       |
| monounsaturated fatty acids    | min. 18 mg        | min. 36 mg                      | -   | 3 g                   |
| polyunsaturated fatty acids    | min. 225 mg       | min. 450 mg                     | -   | 37 g                  |
| of which gamma-linolenic acid  | min. 27 mg        | min. 54 mg                      | -   | 4 g                   |
| carotenoids                    | 8.0 mg            | 16.0 mg                         | **  | 1 g                   |
| natural vitamin E (alpha-TE)   | 15.0 mg (22 I.U.) | 30.0 mg (45 I.U.)               | 250   | 2 g                   |
| niacin                         | 13.2 mg           | 26.4 mg                         | 165   | 2 g                   |
| pantothenic acid               | 5.0 mg            | 10 mg                           | 167   | 832 mg                |
| vitamin B2                     | 1.05 mg           | 2.1 mg                          | 150   | 175 mg                |
| vitamin B6                     | 1.05 mg           | 2.1 mg                          | 150   | 175 mg                |
| vitamin B1                     | 0.83 mg           | 1.66 mg                         | 150   | 138 mg                |
| folic acid                     | 150.0 µg          | 300.0 µg                        | 150   | 25 mg                 |
| biotin                         | 37.5 µg           | 75.0 µg                         | 150   | 6 mg                  |
| vitamin B12                    | 1.88 µg           | 3.76 µg                         | 150   | 313 µg                |

\* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

\*\* No reference value has yet been established

**Recommended use:** Take 1 capsule 1-2x daily 1-2. The capsules should be swallowed whole with sufficient of liquid.

**Note:** carotene capsules are not recommended for heavy smokers.

Store in a dry place below 25°C. Protect from light.

Food supplements should not be used as a substitute for a varied, healthy diet and do not replace a healthy lifestyle. Keep out of reach of young children. The recommended daily dose should not be exceeded.

Made in Germany

**Contents 100 capsules = 58 g**

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