



Cystine Capsules

Nutritional supplement

Useful information:

Cystine is the name of an amino acid that occurs naturally in the human body and is also known as L-cystine. L-cystine is particularly important for the growth and maintenance of skin, hair and nails. For example, keratins, the fibre proteins of the corneous layer, contain about 11% L-cystine. It makes sense to supplement with vitamin B6 because it contributes to normal cysteine synthesis, the precursor of cystine. Zinc plays a vital role in maintaining beautiful, healthy skin, hair and nails.

Ingredients: L-Cystine (68 %), Gelatine, L-arginine, Zinc Gluconate, Magnesium Stearate (release agent), Silicon Dioxide; Vitamin B6 Hydrochloride.

	per capsule	per daily dose (= 4 capsules)	% of NRV recommended daily dose*	per 100 g Capsules
L-cystine	400 mg	1600 mg	**	68 g
L-Arginin	50 mg	200 mg	**	9 g
Zinc	2.5 mg	10 mg	100	0.4 g
Vitamin B6	1.4 mg	5.6 mg	400	0.2 g

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

** no reference value available yet

Recommended dose: Swallow 2 capsules 2 times per day at meal times with sufficient liquid.

Not suitable for children and young people under 17 years of age.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 120 capsules = 69 g

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