

# 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