

Directions: 2 capsules daily with food.

Cautions: Food supplements are intended to supplement the diet and should not be used as a substitute for a varied diet or healthy lifestyle. Do not exceed stated daily dose. Not suitable for children under 12 years old. Before taking this product, please consult your doctor or pharmacist if you are taking any medication, have a medical condition, are pregnant, breastfeeding or trying to become pregnant. Store in a cool dark place. Keep out of reach of children. Do not use if the seal is broken.

Ingredients: Vitamin C (Ascorbic Acid), Spirulina Powder, Zinc Citrate, L-lysine hydrochloride, Bio-Pine™ (Blend of Pine Bark extract, Apple Pectin & Beta Carotene (natural), Vitamin E (D-Alpha Tocopheryl Succinate), Magnesium Stearate, Nicotinamide, L-tyrosine, Ferrous Fumarate, Calcium Pantothenate, Alpha Lipoic Acid, Citrus Bioflavanoids, Coenzyme Q10, Grapeseed Extract, Horsetail extract, Methyl Sulphonylmethane, Resveratrol, Selenomethionine preparation, Vitamin B6 (Pyridoxine hydrochloride), Copper Gluconate, Vitamin A (Retinyl Acetate), Silicon Dioxide, Vitamin D2 (Ergocalciferol), Chromium Picolinate, Folic Acid, Biotin, Vitamin B12, Hydroxypropylmethyl cellulose (capsule shell).

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www.fushiwellbeing.com

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BEAUTY TOTALE

herbal extract, vitamins & wholefoods blend with

BIOTIN & HYALURONIC ACID

60 vegan capsules



Fushi food supplement blends are created with high strength herbal extracts, vitamins & wholefoods combined with our Fushi fresh-ground® herbs from this season's harvest and encapsulated in our London workshop, to provide natural remedies for everyday wellness.

Nutritional Breakdown	Per 1 cap		Per 2 caps	
Alpha Lipoic Acid	5mg		10mg	
Apple Pectin	5mg		10mg	
Astaxanthin	150µg		300µg	
Biotin	25µg	50	50µg	100
Beta Carotene	5mg		10mg	
Bamboo Extract	1.07mg		2.14mg	
Providing: Sicilia	0.8mg		1.6mg	
Chromium	20µg	50	40µg	100
Citrus Bioflavonoids	2.45mg		4.9mg	
Coenzyme Q10	5mg		10mg	
Copper	0.5mg	50	0.10mg	100
Folid Acid	100µg	50	200µg	100
Grapeseed Extract	5mg		10mg	
Providing: Anthocyanidins	4.75mg			
Horsetail	5mg		10mg	
Equivalent to:				
Whole Equisetum Arvense Herb	20mg		40mg	
Providing: Sicilia	100µg		200µg	
Hyaluronic Acid	45mg		90mg	
Iron	7mg	50	14mg	100
L-Lysine	30mg		60mg	
L-Tyrosine	10mg		20mg	
Lycopene	2.5mg		5mg	
MSM	5mg		10mg	
Niacin	8mg	50	16mg	100
Pantothenic Acid	3mg	50	6mg	100
Pine Bark Extract	12.5mg		25mg	
Quercetin	50mg		100mg	
Resveratrol 98%	5mg		10mg	
Selenium	27.5µg	50	55µg	100
Spirulina	100mg		200mg	
Vitamin A (Retinol)	400µg	50	800µg	100
Vitamin B12 (Cyanocobalamin)	1.25µg	50	2.5µg	100
Vitamin B6 (Pyridoxine)	0.7mg	50	0.14mg	100
Vitamin C (Ascorbic Acid)	40mg	50	80mg	100
Vitamin D	2.5µg	50	5µg	100
Vitamin E (D-Alpha Tocopherol)	6mg	50	12mg	100
Zinc	5mg	50	10mg	100

*NRV=Nutrient Reference Value