



## Spermidine Capsules

Nutritional supplement with spermidine and zinc  
vegan

**Useful information:** Spermidine is a natural organic compound that occurs in all body cells and has been linked by researchers to so-called autophagy. This is an important process of the body to face the phenomena of aging. In food, spermidine is found in wheat germ, soybeans, mature cheese, mushrooms and pulses, among others. Zinc is one of the most essential trace elements, and undertakes countless functions within the human body. It is involved, for example, in a number of metabolic functions, and supports the maintenance of healthy bones, hair, nails, skin and normal cognitive, i.e. brain, function. It plays an important role in a vigorous, healthy immune system, and contributes towards protecting cells against oxidative stress.

**Ingredients:** Soybean Extract (66%), Hydroxypropylmethylcellulose, Microcrystalline Cellulose (bulking agent), Zinc Gluconate, Magnesium Stearate (separating agent).

	per capsule	per daily dose (= 2 capsules)	% of NRV recommended daily dose*
Soybean extract	300 mg	600 mg	**
of which spermidine	0.6 mg	1.2 mg	**
Zinc	1.75 mg	3.5 mg	35

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

\*\* no reference value available yet

**Recommended dose:** Swallow 1 x 2 capsules daily during meals with sufficient liquid.

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 60 capsules = 25 g**

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