



## L-Lysine 500 mg Tablets

Nutritional supplement  
vegan

### Useful information:

Lysine (L-Lysine) is a basic, essential amino acid required by the body but which the body is unable to produce itself, and which therefore has to be supplied through nutrition. As an important component of collagen and elastin, lysine can be found in particular in meat, egg, milk and fish proteins. Because lysine is highly reactive and therefore heat-sensitive, a lot of lysine can for example be lost during the cooking of foods. With the L-Lysine-Tablets from Sanct Bernhard, you can supplement your diet with 500 mg pure L-lysine per tablet.

**Ingredients:** L-Lysine Hydrochloride (75 %), Bulking Agent Microcrystalline Cellulose, Separating Agent Magnesium Stearate, Silicon Dioxide.

Each tablet contains 200 mg pure L-lysine.

	per tablet	per daily dose (=3 tablets)
L-lysine	500 mg	1500 mg

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

**Recommended dose:** swallow 1 - 3 capsules per day with enough fluid.

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 180 tablets = 148 g**

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