

Live Better. Every Day.™

**Directions:** Take two capsules once daily with food as a food supplement. For best results, use this product every day.

**Important:** Consult a healthcare practitioner if you are pregnant or breastfeeding. Do not exceed the recommended dose. Food supplements should not be used as a substitute for a varied, balanced diet and healthy lifestyle.

Contains no artificial preservatives, colours, sweeteners, wheat or dairy.

Product has been sealed for your protection. Do not use if seal is broken. Store in a cool dry place. Replace cap tightly after use.

Keep out of reach of children.

Imported and Distributed by: **Lifestyles UK & Eire Ltd.**  
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Manufactured by: **Lifestyles Global Network**  
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Visit [www.lifestyles.net](http://www.lifestyles.net) for more product information.

For Best Before End: See base of bottle.

**Made in Canada**

 **QUALITY ASSURED:** Manufactured in accordance to the Good Manufacturing Practices (GMP) as outlined by the Canadian Natural Health Products Directorate.



**SelenoExcell**  
High Selenium Yeast  
Trademark of Cypress Systems Inc., CA



Lifestyles™

Nutria  
plus

A food supplement of botanical extracts and powdered fruit and vegetables with vitamin C and selenium.

Vitamin C and selenium contribute to the normal function of the immune system.

60 Capsules (32g)

PREMIUM QUALITY

**Nutrition Information**

	Per 2 capsules	% NRV*
Vitamin C	60mg	75%
Selenium	200µg	364%
Grape Seed Extract (Std. to 80% Oligomeric proanthocyanidins)(Vitis vinifera Linn.)(Seed)	110mg	+
Green Tea Extract (Std. to 90% Polyphenols, 75% Catechins, 40% EGCG)(Camellia sinensis)(Leaf)	100mg	+
Spirulina Powder (Arthrospira platensis)(Whole)	90mg	+
Amla Extract (Std. to 40% Tannins)(Phyllanthus emblica)(Fruit)	40mg	+
Carrot Extract (PE 4:1)(Daucus carota sativa)(Root)	40mg	+
Garlic Extract (Std. to 1% Allicin)(Allium sativum)(Bulb)	40mg	+
Beetroot Extract (Std. to 2% Nitrates)(Beta vulgaris)(Root)	40mg	+
Broccoli Extract (Std. to 0.1% Sulforaphane)(Brassica oleracea var italica)(Sprout)	20mg	+
Prune Extract (PE 10:1)(Prunus domestica)(Fruit)	20mg	+
Alpha Lipoic Acid (99%)	20mg	+

\* Nutrient Reference Value

+ No NRV established

**Ingredients:** Beef Gelatin, Selenium Enriched Yeast, Grapeseed Extract, Green Tea Extract, Spirulina Extract, Maize Starch, Vitamin C (as ascorbic acid), Amla Extract, Carrot Extract, Garlic Extract, Beetroot Extract, Alpha Lipoic Acid, Broccoli Extract, Prune Extract, Anti-Caking Agents (Magnesium Stearate, Silicon Dioxide)

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