



### **Bezhin "Iron and Vitamins C" - 100 capsules**

Bezhin 100 capsules is an exclusive blend of pure spirulina, lithothamnium, and marine ulva. Bezhin concentrates vitamins, minerals "phosphorus, calcium, potassium" and trace elements "iron, zinc, copper".



**Manufacturer: Thalado Cosmétiques Marins**

**Reference: CABZ**

**Loyalty points offered: 19**

### **Bezhin "Iron and Vitamins C" - 100 capsules**

Mineral Balance

Pill box of 100 capsules - Ref: CABZ

A balanced combination of three algae species, Bezhin provides the body with a balanced supply of minerals and vitamins.

Spirulina is present for its protein content, interesting in case of fatigue or a diet low in animal protein.

Lithothamnium is added for its Calcium content, an essential element for bone capital, as well as for magnesium (its deficiency causes sleep problems, anxiety, cramps...)

Ulve is known for its iron content, the assimilation of which will be enhanced by taking Bezhin with a glass of orange or lemon juice. Ideal in between seasons (autumn or spring)

## Ingredients

Contents: Lithothamnium calcareum powder (163.5 mg), Spirulina platensis powder (163.5 mg), Ulve powder (33 mg)

Dosage contained per capsule: 360 mg

Vegetable envelope: Hypromellose

Tip: It is preferable to start the treatment with 1 capsule per day in the first week, in the morning with a glass of orange or lemon juice, 2 per day in the second week, in the morning and at noon and then 3 per day in the third week, in the morning and at noon until the end of the pill box.

Do not exceed the indicated dose.

Do not use as a substitute for a varied diet.

Keep out of reach of young children.

Contains iodine.

Keep away from heat and humidity.

Delivery Weight: 43.5 g

[Link to the product](#)