

15
TABLETS

higher nature®



BRIGHTER DAY

With Vits B6, B12 & Vit C

Natural Blackcurrant Flavour



FOOD SUPPLEMENT

BRIGHTER DAY (with sweeteners sorbitol & stevia)

✓ Vits B6, B12 & C contribute to normal psychological function.

PRODUCT INFORMATION:

One tablet typically provides:

		%NRV*
Vitamin C	100mg	125
Vitamin B6	20mg	1429
Folic Acid	100µg	50
Vitamin B12	20µg	800
Magnesium	100mg	27
Zinc	5mg	50
Curcumin	100mg	
Quercetin	50mg	
Tryptophan	220mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Acidity regulator: citric acid; sodium bicarbonate, magnesium carbonate, sweetener: sorbitol; L-tryptophan, inulin, curcumin, L-ascorbic acid, magnesium citrate, colour: beetroot powder (potato maltodextrin, acidity regulator: citric acid); magnesium carbonate, quercetin, anti-caking agent: tricalcium phosphate; potato starch, natural flavouring (blackcurrant) (emulsifier: acacia gum); sweetener: steviol glycosides; pyridoxine HCl, cyanocobalamin, zinc citrate, folic acid.

DOES NOT CONTAIN: Artificial colours, flavours or preservatives, dairy products, gluten, lactose, soya, yeast.

DIRECTIONS: Adults break one tablet in half & add to water, dissolves gently. Take one tablet a day. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied & balanced diet & healthy lifestyle. Long term intakes of this amount of Vit B6 may lead to mild tingling & numbness. Consult your doctor if under medical supervision or taking prescribed medications, like anti-depressants. Not advisable if pregnant.

Can cause drowsiness; do not drive or operate machinery if affected.

STORAGE: Store in a cool, dry, steam free environment out of reach of children. Best before end: see base. This product is not tested on animals. Suitable for vegetarians & vegans.

Made in EU for Higher Nature,
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