

PRODUCT INFORMATION:

Two capsules typically provide:

Niacin (vitamin B3)	40mg NE	%NRV*
Vitamin B6	20mg	250
(as pyridoxine HCl	10mg	1429
and pyridoxal-5-phosphate	10mg)	
Folic acid	100µg	50
Vitamin B12	20µg	800
Pantothenic acid (vitamin B5)	100mg	1667
Magnesium	70mg	19
Theanine	50mg	
Lemon balm extract 3:1	33mg	
(Equivalent to lemon balm powder 100mg)		
Passion flower extract 4:1	100mg	
(Equivalent to passion flower powder 400mg)		
Taurine	550mg	

* **NRV** – Nutrient Reference Value**INGREDIENTS:**

L-tyrosine, magnesium citrate, capsule:
 hydroxypropyl methylcellulose*, calcium
 d-pantothenate, passion flower (passiflora
 incarnata) 4:1 extract, bulking agent:
 microcrystalline cellulose; l-theanine, niacin (as
 nicotinamide), lemon balm (melissa officinalis)
 3:1 extract, anti-caking agent: silicon dioxide;
 pyridoxal-5-phosphate, anti-caking agent:
 magnesium stearate*; pyridoxine HCl, folic acid
 (as pteroyl glutamic acid), methylcobalamin.
 *(vegetarian source)

DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives,
 dairy products, gluten, lactose, salt, soya, sugar,
 wheat, yeast.

Suitable for vegetarians and vegans.
 This product is not tested on animals.

higher nature®



BALANCE FOR NERVES

WITH B VITS & MAGNESIUM

ULTIMATE NUTRITION

FOOD SUPPLEMENT

30
capsules**BALANCE FOR NERVES**

- ✓ Vitamins B3, B6, B12 & magnesium contribute to the normal functioning of the nervous system & to the reduction of tiredness & fatigue.
- ✓ Magnesium contributes to the normal psychological function.

DIRECTIONS:

Adults take 2 capsules once or twice a day, children 6 years and up take 1 a day, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

WARNING:

Long-term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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Higher Nature, Burwash Common, East Sussex,
 TN19 7LX, UK www.highernature.com