

PRODUCT INFORMATION

Two tablets typically provide:

		%NRV*
Vitamin D (400iu)	10µg	200
Vitamin C	100mg	125
Vitamin B6	50mg	3571
(as pyridoxal-5-phosphate and pyridoxine HCl)	25mg	
Folic acid	25mg)	
Vitamin B12	200µg	100
Pantothenic acid (vitamin B5)	200µg	8000
Zinc	50mg	833
Selenium	15mg	150
Choline	50µg	91
N-Acetyl l-cysteine	500mg	
5-hydroxytryptophan	300mg	
Taurine	200mg	

* NRV = Nutrient Reference Value

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

DOES NOT CONTAIN: salt, soya, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

This product is not tested on animals.

For more information on the natural treatment of addiction and a range of other mental health disorders contact us on 01926 311912 or go to www.smart-uk.com

HIGHER NATURE®

smart UK

BRAIN COMPLEX

nutritional support
for strength of mind

30 tablets
FOOD SUPPLEMENT

BRAIN COMPLEX 30 tablets

nutritional support for strength of mind SUB030

DIRECTIONS: Adults take 2 tablets a day, preferably on an empty stomach or with a non-protein snack. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Not advisable if pregnant, or if taking fenfluramine and exercise care if taking SSRIs. Rarely, digestive discomfort can occur which usually disappears by reducing the intake. Can cause drowsiness in sensitive individuals; do not drive or operate machinery if affected.

INGREDIENTS: Choline bitartrate, n-acetyl l-cysteine, *Lithothamnion calcarea*, cellulose, 5-hydroxytryptophan, l-taurine, vitamin C (as ascorbic acid), calcium d-pantothenate, zinc citrate, anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide; pyridoxal-5-phosphate, pyridoxine HCl, l-selenomethionine, zein protein coating, vitamin D (as ergocalciferol), methylcobalamin, folic acid (as pteroyl glutamic acid). *(vegetarian source)

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

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