

PRODUCT INFORMATION:

One tablet typically provides:

		%NRV*
Vitamin C	200mg	250
Thiamin (vitamin B1)	25mg	2273
Riboflavin (vitamin B2)	16.67mg	1191
Niacin (vitamin B3)	25mg NE	156
Vitamin B6	16.67mg	1191
Folic acid	50µg	25
Vitamin B12	50µg	2000
Biotin	25µg	50
Pantothenic acid (vitamin B5)	50mg	833
Siberian ginseng	50mg	
American ginseng extract 4:1	20mg	
Korean ginseng	20mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Natural lithothamnion calcarea; vitamin C (ascorbic acid), vitamin B5 (calcium-d-pantothenate), Siberian ginseng powder, vitamin B12 (cyanocobalamin), bulking agent: cellulose; vitamin B1 (thiamine hydrochloride), vitamin B3 (nicotinamide), American ginseng extract (4:1), Korean ginseng powder, vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin), anti-caking agent: magnesium stearate; zein protein coating, anti-caking agent: silicon dioxide; vitamin B3 (nicotinic acid), vitamin B2 (riboflavin-5-phosphate), vitamin B6 (pyridoxal-5-phosphate), folic acid, biotin.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, soya, wheat, yeast.

This product has not been tested on animals.

HIGHER NATURE®

BODY HEALTH

ENERGISE

With B vitamins
& ginseng



90 tablets
vegetarian and vegan

ENERGISE

FOOD SUPPLEMENT - 90 TABLETS

- ✓ Biotin, vitamins B1, B2, B3, B5, B6, B12 and C contribute to normal energy production
- ✓ With synergistic ginseng blend

DIRECTIONS: Take 1-3 tablets a day with meals. 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: Not advisable if pregnant, breastfeeding or taking blood thinning medication. B vitamins may turn urine bright yellow - this is normal. Long term intakes of this amount of vitamin B6 may lead to mild tingling and numbness.

STORAGE: Store in a cool, dry place out of reach of children.

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