

PRODUCT INFORMATION:

Two capsules typically provide:

		%NRV*
Riboflavin (vitamin B2)	15mg	1071
Vitamin B6	50mg	3572
(as pyridoxine hydrochloride	15mg	
and pyridoxal-5-phosphate	35mg)	
Folic acid	400µg	200
Vitamin B12	500µg	20000
Zinc	10mg	100
Tri-methyl glycine	750mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Betaine monohydrate, capsule: hydroxypropyl methylcellulose, colours: titanium dioxide, chlorophyllin; natural lithothamnion calcarea, folic acid, vitamin B6 (pyridoxal-5-phosphate), zinc citrate, vitamin B12 (methylcobalamin), anti-caking agent: magnesium stearate; anti-caking agent: silicon dioxide; vitamin B6 (pyridoxine hydrochloride), vitamin B2 (riboflavin).

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

This product has not been tested on animals.

HIGHER NATURE®

BODY HEALTH

H FACTORS

Homocysteine &
heart nutrients



60 capsules
vegetarian and vegan

H FACTORS

FOOD SUPPLEMENT - 60 CAPSULES

- ✓ Vitamins B6 and B12, folic acid and TMG help support healthy homocysteine levels

DIRECTIONS:

Take 2-4 capsules a day with a meal for 12 weeks, then maintain at 1-2 capsules a day. 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: 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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