

PRODUCT INFORMATION:

Two capsules typically provide:

		%NRV*
Niacin (vitamin B3)	20mg NE	125
Folic acid	100µg	50
Vitamin B12	20µg	800
Pantothenic acid (vitamin B5)	200mg	3333
Phosphatidyl serine	30mg	
Choline	260mg	
Arginine pyroglutamate	200mg	
Acetyl-L-carnitine HCl	100mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Omega Choline bitartrate (anti-caking agent: silicon dioxide); capsule: hydroxypropyl methylcellulose; vitamin B5 (calcium d-pantothenate), l-arginine pyroglutamate, acetyl l-carnitine HCl, phosphatidyl serine-rich lecithin (from **soya**) (anti-caking agent: silicon dioxide); anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate; vitamin B3 (nicotinamide), folic acid, vitamin B12 (methylcobalamin). (Allergens in **bold**)

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

This product has not been tested on animals.

HIGHER NATURE®

MIND HEALTH

ADVANCED BRAIN NUTRIENTS

Supports mental performance

180 capsules
vegetarian and vegan



**ADVANCED BRAIN NUTRIENTS
FOOD SUPPLEMENT - 180 CAPSULES**

- ✓ Vitamin B5 contributes to normal mental performance and metabolism of some neurotransmitters
- ✓ Vitamins B3 and B12 contribute to normal psychological function and the reduction of tiredness and fatigue

DIRECTIONS: Adults take 2 capsules once or twice a day (children 8 and over 1 capsule a day) at least 30 minutes before 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.

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

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