

PRODUCT INFORMATION:

Two capsules typically provide:		%NRV*
Thiamin (vitamin B1)	25mg	2273
Niacin (vitamin B3)	40mg NE	250
Vitamin B6	20mg	1429
Folic acid	100µg	50
Vitamin B12	10µg	400
Pantothenic acid (vitamin B5)	90mg	1500
Tyrosine	430mg	
Glutamine	500mg	
5-HTP (L-5-hydroxytryptophan)	90mg	
Tri-methyl glycine	220mg	
Lemon balm extract 3:1	18mg	
- equivalent to lemon balm	54mg	

*NRV = Nutrient Reference Value

INGREDIENTS: L-glutamine, L-tyrosine, betaine monohydrate, capsule: hydroxypropyl methylcellulose; vitamin B5 (calcium d-pantothenate), L-5-hydroxytryptophan, vitamin B3 (nicotinamide), vitamin B1 (thiamin hydrochloride), vitamin B6 (pyridoxine HCl), anti-caking agent: magnesium stearate; lemon balm extract (*melissa officinalis*), anti-caking agent: silicon dioxide; folic acid, vitamin B12 (methylcobalamin).

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

STORAGE: Store in a cool, dry place out of reach of children.
This product has not been tested on animals.

HIGHER NATURE®

MIND HEALTH

POSITIVE OUTLOOK

With B vitamins & amino acids



180 capsules
vegetarian and vegan

POSITIVE OUTLOOK

FOOD SUPPLEMENT - 180 CAPSULES

- ✓ Vitamins B1, B3, B6 and B12 support normal function of the nervous system
- ✓ Vitamins B3, B5, B6, B12 and folate support normal psychological function and help reduce tiredness and fatigue
- ✓ Vitamin B6 helps regulate hormonal activity

DIRECTIONS: Take 2 capsules once or twice 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: Not advisable if pregnant, breastfeeding or if taking MAO inhibitor drugs. Can cause drowsiness in sensitive individuals; do not drive or operate machinery if affected. Long-term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

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