

PRODUCT INFORMATION:

Three capsules typically provide:

		%NRV*
Vitamin C	60mg	75
Thiamin (vitamin B1)	1.5mg	136
Niacin (vitamin B3)	15mg NE	94
Vitamin B6	3mg	214
Pantothenic acid (vitamin B5)	30mg	214
Magnesium	90mg	24
Zinc	7.5mg	75
Manganese	1.5mg	75
GTF chromium	225µg	563
Fenugreek seed	300mg	
Cinnamon bark	225mg	
Liquorice root extract (<1% glycyrrhizin)	150mg	
Inulin	15mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Magnesium citrate, fenugreek seed pdr, capsule: hydroxypropyl methylcellulose; cinnamon bark pdr, liquorice root standardised extract de-glycyrrhizinated (<1% glycyrrhizin), chromium (from **soya**), vitamin C (ascorbic acid), calcium d-pantothenate, zinc citrate, chicory root powder, niacin (as nicotinamide), anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate; manganese citrate, vitamin B6 (pyridoxine HCl), vitamin B1 (thiamine HCl). (Allergens in **bold**).

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

This product has not been tested on animals.

HIGHER NATURE®

HEALTHY LIFESTYLE

METABOLIC BALANCE

With
B vitamins
& chromium



90 capsules
vegetarian and vegan

METABOLIC BALANCE FOOD SUPPLEMENT - 90 CAPSULES

- ✓ Chromium contributes to maintenance of normal blood sugar levels
- ✓ Vitamins B1, B3, B5 and B6 contribute to normal energy yielding metabolism
- ✓ Zinc contributes to normal macronutrient metabolism

DIRECTIONS: Take 1 capsule 3 times 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: Diabetics should consult their healthcare practitioner before use.

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

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