## PRODUCT INFORMATION:

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Two capsules typically provide:		%NRV
Niacin (vitamin B3)	40mg NE	25
Vitamin B6	2Ďmg	142
Folic acid	100µg	51
Vitamin B12	20µg	80
Pantothenic acid (vitamin B5)	100mg	166
Magnesium	70mg	11
Theanine	50mg	
Lemon balm extract 3:1	33mg	

(Equivalent to lemon balm powder 100mg) Passion flower extract 4:1 100mg

(Equivalent to passion flower powder 400mg) 550mg

Taurine

\*NRV = Nutrient Reference Value

**INGREDIENTS:** L-taurine, magnesium citrate, capsule: hydroxypropyl methylcellulose; vitamin B5, passion flower (Passiflora incarnata) extract, bulking agent: microcrystalline cellulose; l-theanine, vitamin B3, lemon balm (Melissa officinalis) extract, anti-caking agent: silicon dioxide; vitamin B6, anti-caking agent: magnesium stearate; vitamin B6, folic acid. vitamin B12.

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

## HIGHER **NATURE**®

MIND HEALTH

## **BALANCE FOR NERVES**

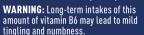
With **B** vitamins & magnesium

180 capsules vegetarian and vegan

## **BALANCE FOR NERVES FOOD SUPPLEMENT - 180 CAPSULES**

- ✓ Vitamins B3, B6, B12 and magnesium contribute to the normal functioning of the nervous system and to the reduction of tiredness and fatique
- ✓ Magnesium contributes to the normal psychological function

**DIRECTIONS:** Adults take 2 capsules (children 13 and over 1 capsule) 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:** Store in a cool, dry place out of reach of children.

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