

PRODUCT INFORMATION:

Two capsules typically provide:

		%NRV*
Niacin (vitamin B3)	40mg NE	250
Vitamin B6	20mg	1429
Folic acid	100µg	50
Vitamin B12	20µg	800
Pantothenic acid (vitamin B5)	100mg	1667
Magnesium	70mg	19
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)		
Taurine	550mg	

*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.

This product has not been tested on animals.

HIGHER NATURE®

MIND HEALTH

BALANCE FOR NERVES

With B vitamins
& magnesium



30 capsules
vegetarian and vegan

BALANCE FOR NERVES FOOD SUPPLEMENT - 30 CAPSULES

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

WARNING: 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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