

PRODUCT INFORMATION:

Two capsules typically provide:

		%NRV*
Vitamin C	25mg	31
Niacin (vitamin B3)	30mg NE	188
Vitamin B6	10mg	714
Folic acid	120µg	60
Vitamin B12	10µg	400
Magnesium	56mg	15
Iron	2.5mg	18
Zinc	5mg	50
Copper	500µg	50
Manganese	2.5mg	125
Tyrosine	1000mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Tyrosine, magnesium citrate, capsule: hydroxypropyl methylcellulose; niacin (nicotinamide), vitamin C (ascorbic acid), anti-caking agent: magnesium stearate; ferrous gluconate, lithothamnion calcarea, zinc citrate, vitamin B6 (pyridoxine hydrochloride), manganese citrate, anti-caking agent: silicon dioxide; copper gluconate, folic acid, vitamin B12 (cyanocobalamin).

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

ALERT

For focus
& energy



30 capsules
vegetarian and vegan

ALERT**FOOD SUPPLEMENT - 30 CAPSULES**

- ✓ Zinc and iron support normal cognitive function
- ✓ Vitamins B6, B12, niacin and folic acid help reduce tiredness and fatigue, and support normal energy yielding metabolism
- ✓ With added tyrosine

DIRECTIONS: Take 2 capsules first thing in the morning. 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: Not advisable if pregnant, breastfeeding or if taking MAO inhibitor drugs.

Higher Nature Ltd, 10 Discovery Way,
Horam, East Sussex TN21 0GE, UK
highernature.com



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