

PRODUCT INFORMATION:

One well rounded teaspoon (3.5g) typically provides: %NRV*

Vitamin D3 (50iu)	1.25µg	25
Vitamin C	78.3mg	98
Calcium	120mg	15
Magnesium	90mg	24

*NRV = Nutrient Reference Value

INGREDIENTS: Magnesium gluconate, calcium gluconate, acidity regulator: citric acid monohydrate; ascorbic acid, acidity regulator: malic acid; cholecalciferol (emulsifier: acacia gum, antioxidant: sodium ascorbate, anti-caking agent: silicon dioxide).

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

This product has not been tested on animals.

HIGHER NATURE®
MIND HEALTH

WIND DOWN
Relaxing drink
with calcium &
magnesium



140g powder
vegetarian and vegan

WIND DOWN
FOOD SUPPLEMENT - 140g POWDER

- ✓ Relaxing calcium and magnesium drink with vitamin C
- ✓ Ideal for winding down in the evening
- ✓ Magnesium supports the nervous system
- ✓ Vitamin D, magnesium and calcium help maintain normal muscle function

DIRECTIONS: Take 1 well rounded teaspoon (3.5g) up to 3 times a day, stirred into a cup of boiling water (or herbal tea) until it dissolves. Add honey to taste. 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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