

PRODUCT INFORMATION:

One capsule typically provides:

		%NRV*
Thiamin (vitamin B1)	50mg	4545
Riboflavin (vitamin B2)	50mg	3571
Niacin (vitamin B3)	50mg	313
Vitamin B6	10mg	714
- as pyridoxal-5-phosphate	5mg	
- as pyridoxine HCl	5mg	
Folic Acid	200µg	100
- as methyltetrafolate	100µg	
- as folic acid	100µg	
Vitamin B12	20µg	800
Biotin	50µg	100
Pantothenic acid (vitamin B5)	50mg	833
Choline	50mg	
Inositol	20mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Choline bitartrate (anti-caking agent: silicon dioxide), capsule: hydroxypropyl methylcellulose, thiamin (vitamin B1), calcium d-pantothenate (vitamin B5), riboflavin (vitamin B2), nicotinamide (vitamin B3), bulking agent: microcrystalline cellulose, inositol, pyridoxal-5-phosphate (vitamin B6), anti-caking agent: magnesium stearate, pyridoxine hydrochloride (vitamin B6), anti-caking agent: silicon dioxide, calcium L-5-methyltetrahydrofolate (folic acid), pteroylglutamic acid (folic acid), biotin, methylcobalamin (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®

EVERYDAY ESSENTIALS

HIGH STRENGTH B COMPLEX

Complete B vitamin formula



30 capsules
vegetarian and vegan

HIGH STRENGTH B COMPLEX FOOD SUPPLEMENT - 30 CAPSULES

- ✓ Perfect for hectic lifestyles
- ✓ Feel energised with Vitamins B2, B3, B6 and B12 which help reduce tiredness and fatigue and are needed for energy release
- ✓ Aids mental performance with pantothenic acid (B5)

DIRECTIONS: Adults and children aged 13 and over take 1 capsule a day with meals, ideally with breakfast. 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: B vitamins may turn urine bright yellow - this is normal.

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

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