

DAILY NUTRIENTS FOR CALM

FOOD SUPPLEMENT - 28 STRIPS

Includes one of each of Ashwagandha & Rhodiola Complex, High Strength Magnesium and Vitamin B Complex.

- ✓ The perfect combination of nutrients to support a hectic lifestyle
- ✓ Using well-researched KSM-66® ashwagandha root extract, rhodiola and holy basil
- ✓ With natural source, high strength magnesium
- ✓ Magnesium and vitamin C contribute to the normal functioning of the nervous system and psychological function
- ✓ Vitamins B5, B12 and magnesium support the reduction of tiredness and fatigue

PRODUCT INFORMATION:

ASHWAGANDHA & RHODIOLA COMPLEX

One capsule typically provides:		%NRV*
Vitamin C	50mg	63
Pantothenic acid (vitamin B5)	20mg	333
KSM-66® ashwagandha root extract	400mg	
Rhodiola root extract	88mg	
standardised to 1% salidroside		
Holy basil extract 10:1	50mg	

INGREDIENTS: Ashwagandha root extract, capsule: hydroxypropyl methylcellulose, rhodiola rosea root extract, ascorbic acid, holy basil leaf extract, anti-caking agent: tricalcium phosphate, calcium d-pantothenate, anti-caking agent: magnesium stearate.

HIGH STRENGTH MAGNESIUM

One capsule typically provides:		%NRV*
Aquamin™ marine magnesium	300mg	80

INGREDIENTS: Magnesium hydroxide (marine magnesium), capsule: hydroxypropyl methylcellulose, anti-caking agent: magnesium stearate.

VITAMIN B COMPLEX

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	

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

*NRV = Nutrient Reference Value



HIGHER
NATURE®



DAILY NUTRIENTS™ FOR CALM

A trio of supplements in a handy daily strip
to help you stay calm and relaxed

ASHWAGANDHA
& RHODIOLA
COMPLEX

HIGH STRENGTH
MAGNESIUM

VITAMIN B
COMPLEX

DIRECTIONS: Adults and children 16 and over take 1 strip (containing 3 different capsules) daily 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.

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

BEST BEFORE END:
See base

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

28 DAYS' SUPPLY
vegetarian & vegan

ALSO TRY DAILY
NUTRIENTS FOR...

ENERGY & VITALITY

IMMUNITY

A RESTFUL NIGHT

VEGANS

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

WARNING: B vitamins may turn urine bright yellow - this is normal.

This product has not been tested on animals.

Blister strips not to be sold separately