

DAILY NUTRIENTS FOR ENERGY & VITALITY
FOOD SUPPLEMENT - 28 STRIPS

Includes one each of B Vitamin & Ginseng Complex, Co-Enzyme Q10 and Chromium.

- ✓ The perfect combination of nutrients to boost your energy levels and power up your day
- ✓ B vitamins contribute to normal energy yielding metabolism
- ✓ Vitamins C, B3, and B5 contribute to the reduction of tiredness and fatigue
- ✓ With a synergistic blend of three ginsengs
- ✓ Co-enzyme Q10 is required for energy production in cells
- ✓ Chromium contributes to the maintenance of normal blood glucose levels - key to stabilising energy levels

PRODUCT INFORMATION:

B VITAMIN & GINSENG COMPLEX

One tablet typically provides:

Vitamin C	200mg	250	Folic acid	50µg	25
Thiamin (vitamin B1)	25mg	2273	Vitamin B12	50µg	2000
Riboflavin (vitamin B2)	16.67mg	1191	Biotin	25µg	50
- as riboflavin	15.1mg		Pantothenic acid (vitamin B5)	50mg	833
- as riboflavin-5-phosphate	1.57mg		Siberian ginseng	50mg	
Niacin (vitamin B3)	25mg NE	156	American ginseng extract 4:1	20mg	
- as nicotinamide	22.5mg		Korean ginseng	20mg	
- as nicotinic acid	2.5mg				
Vitamin B6	16.67mg	1191			
- as pyridoxine HCl	15.3mg				
- as pyridoxal-5-phosphate	1.37mg				

INGREDIENTS: Natural lithothamnion calcareum, ascorbic acid, calcium-d-pantothenate, Siberian ginseng powder, cyanocobalamin, bulking agent: microcrystalline cellulose, thiamine hydrochloride, nicotinamide, American ginseng extract, Korean ginseng powder, pyridoxine hydrochloride, riboflavin, anti-caking agent: magnesium stearate, zein protein coating, anti-caking agent: silicon dioxide, nicotinic acid, riboflavin-5-phosphate, pyridoxal-5-phosphate, folic acid, biotin.

CO-ENZYME Q10

One tablet typically provides:

Co-enzyme Q10	30mg
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INGREDIENTS: Natural lithothamnion calcareum, bulking agent: microcrystalline cellulose, co-enzyme Q10, anti-caking agents: stearic acid, magnesium stearate; zein protein coating.

CHROMIUM

One tablet typically provides:

		%NRV*
Niacin (vitamin B3)	2.4mg NE	15
Chromium	200µg	500

INGREDIENTS: Natural lithothamnion calcareum, anti-caking agents: magnesium stearate, silicon dioxide; zein protein coating, niacinamide, chromium picolinate.

*NRV = Nutrient Reference Value



DIRECTIONS: Take 1 strip (containing 3 different tablets) 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

**HIGHER
NATURE®**



**DAILY NUTRIENTS™
FOR ENERGY
& VITALITY**

A trio of supplements in a handy daily strip
to support energy levels

**B VITAMIN
& GINSENG
COMPLEX**

**CO-ENZYME
Q10**

CHROMIUM

28 DAYS' SUPPLY
vegetarian & vegan

**ALSO TRY DAILY
NUTRIENTS FOR...**

CALM

IMMUNITY

A RESTFUL NIGHT

VEGANS

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

WARNING: Not advisable if pregnant, breastfeeding or taking blood thinning medication. Diabetics and hypoglycaemics - consult your healthcare professional as chromium may enhance insulin sensitivity and affect blood glucose levels. B vitamins may turn urine bright yellow - this is normal. Long term intakes of this amount of vitamin B6 may lead to mild tingling and numbness.

This product has not been tested on animals.

Blister strips not to be sold separately