



HIGHER
NATURE®



DAILY NUTRIENTS™ FOR A RESTFUL NIGHT

A trio of supplements in a handy daily strip
to help you have a relaxed and restful night

HIGH STRENGTH
MAGNESIUM

L-THEANINE

5-HTP
COMPLEX

28 DAYS' SUPPLY

vegetarian & vegan

ALSO TRY DAILY
NUTRIENTS FOR...

CALM

ENERGY & VITALITY

IMMUNITY

VEGANS

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

WARNING: Consult your doctor
if under medical supervision or
taking prescribed medications.
Not advisable if pregnant,
breastfeeding or if taking
antidepressants. Can cause
drowsiness; do not drive or
operate machinery if affected.

This product has not been
tested on animals.

Blister strips not to
be sold separately

DIRECTIONS: Take 1 strip
(containing 3 different capsules)
daily 45 minutes before bed.
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

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DAILY NUTRIENTS FOR A RESTFUL NIGHT FOOD SUPPLEMENT - 28 STRIPS

Includes one each of High Strength Magnesium, L-Theanine and 5-HTP Complex.

- ✓ The perfect combination of nutrients to support a restful night and help you wake up feeling refreshed
- ✓ With natural source, high strength magnesium
- ✓ Magnesium supports the reduction of tiredness and fatigue
- ✓ 5-HTP and L-theanine for targeted support
- ✓ Magnesium and vitamin B3 are vital for the normal functioning of the nervous system
- ✓ With zinc for normal cognitive function

PRODUCT INFORMATION:

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.

L-THEANINE

One capsule typically provides:		
L-theanine	100mg	

INGREDIENTS: L-theanine, capsule: hydroxypropyl methylcellulose, bulking agent: microcrystalline cellulose, anti-caking agents: silicon dioxide, magnesium stearate.

5-HTP COMPLEX

One capsule typically provides:		%NRV*
Niacin (Vitamin B3)	15mg NE	94
Vitamin B6	5mg	357
Folic acid	50µg	25
Biotin	25µg	50
Zinc	2.5mg	25
5-HTP (L-5-hydroxytryptophan)	50mg	
- from griffonia simplicifolia seed extract		

INGREDIENTS: Bulking agent: rice bran, capsule: hydroxypropyl methylcellulose, L-5-hydroxytryptophan, nicotinamide, zinc citrate, pyridoxal-5-phosphate, pyridoxine hydrochloride, anti-caking agent: silicon dioxide, anti-caking agent: magnesium stearate, folic acid, biotin.

*NRV = Nutrient Reference Value