



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

**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

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

**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

## 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) - from griffonia simplicifolia seed extract	50mg	

**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