

Omega-3 EPA & DHA capsule NUTRITIONAL INFORMATION	PER CAPSULE	% REF. INTAKE*
Omega-3 rTG concentrated fish oil	893 mg	n/a
of which EPA (eicosapentaenoic acid)	410 mg	
of which DHA (docosahexaenoic acid)	250 mg	
Vitamin E (d-alpha tocopherol)	6 mg	50
Vitamin D3	25 µg	500

*% reference intake

Micronutrient capsule NUTRITIONAL INFORMATION	PER CAPSULE	% REF. INTAKE*
Magnesium glycinate of which magnesium	334 mg 60 mg	16
L-Theanine	150 mg	n/a
Vitamin C (ascorbic acid)	40 mg	50
Vitamin B3 (niacin)	32 mg	200
Vitamin B5 (pantothenic acid)	18 mg	300
Zinc (citrate)	15 mg	150
Vitamin B6 (pyridoxal-5-phosphate)	7.98 mg	570
Vitamin B1 (thiamine)	5.5 mg	500
Vitamin B2 (riboflavin)	2.8 mg	200
Folate ([6S]-5-methyltetrahydrofolate)	100 µg	50
Vitamin B7 (biotin)	100 µg	200
Selenium	82.5 µg	150
Vitamin B12 (methylcobalamin)	20 µg	800

*% reference intake



MindCare® BALANCE

STAY RELAXED

Supports the central nervous system, thyroid function & promotes normal psychological function



Omega-3 wild fish oil
Pure, ultra concentrated
EPA & DHA



Magnesium glycinate, L-Theanine & micronutrients



FOR HIM & HER



igennus

HEALTHCARE NUTRITION
Be kind to your health™

FOOD SUPPLEMENT

DIRECTIONS FOR USE

Take 1 omega-3 EPA & DHA capsule (silver blister) and 1 MindCare BALANCE micronutrient capsule (blue blister) daily with food. Consistent intake is recommended for optimal results.

It is not necessary to take a general multivitamin and mineral supplement in addition to MindCare BALANCE. It is not advisable to exceed the recommended dose. Seek professional advice before taking any food supplement if you are taking medication, pregnant or breast-feeding. This product should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Store in a cool, dry place away from direct sunlight. Keep out of reach of young children.

INGREDIENTS

Omega-3 EPA & DHA capsule:
rTG (re-esterified triglyceride) omega-3 EPA & DHA concentrate from wild anchovy **fish** oil; capsule shell (emulsifiers: **fish** gelatine, vegetable glycerol); lemon oil; antioxidant: vitamin E (d-alpha tocopherol); vitamin D3.

MindCare® BALANCE micronutrient capsule:
Magnesium glycinate; capsule shell (emulsifier: hydroxypropyl methylcellulose); L-Theanine; zinc citrate; vitamin C (ascorbic acid); vitamin B3 (nicotinamide); vitamin B5 (calcium-D Pantothenate); selenium (selenomethionine); vitamin B6 (pyridoxal-5-phosphate); vitamin B1 (thiamine); vitamin B2 (riboflavin); folate (Quatrefolic®); vitamin B7 (biotin); vitamin B12 (methylcobalamin).

BEST BEFORE DATE please see base

DAILY NUTRITION TO HELP YOU STAY RELAXED

The brain and central nervous system need a regular supply of certain nutrients to function well. MindCare BALANCE has been expertly formulated to help people with busy and demanding lifestyles stay relaxed and keep on top of life.

DUAL CAPSULE FORMULA FOR ADVANCED SUPPORT

Omega-3 DHA contributes to the maintenance of normal **brain function**.*

B-vitamins, vitamin C & magnesium contribute to the normal functioning of the **nervous system**.

B-vitamins, vitamin C, folate & magnesium support normal **psychological function**.

B-vitamins, magnesium & folate contribute to the **reduction of tiredness and fatigue**.

Vitamin B5 contributes to **neurotransmitter production** and supports **mental performance**.

Overstimulation of the *fight-or-flight* response puts pressure on the thyroid gland. Selenium contributes to normal **thyroid function**.

* A beneficial effect is obtained with a daily intake of 250 mg of omega-3 DHA.

- ✓ No artificial colours, flavours or preservatives
- ✓ Free from: dairy, gluten, lactose, salt, soya, yeast
- ✓ High purity fish oil from sustainable wild anchovies
- ✓ Not tested on animals
- ✓ Non-GMO
- ✓ Halal | Kosher

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