



MindCare® LIFT

STAY HAPPY

Supports neurotransmitter
production & function
and supports mood balance

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

+

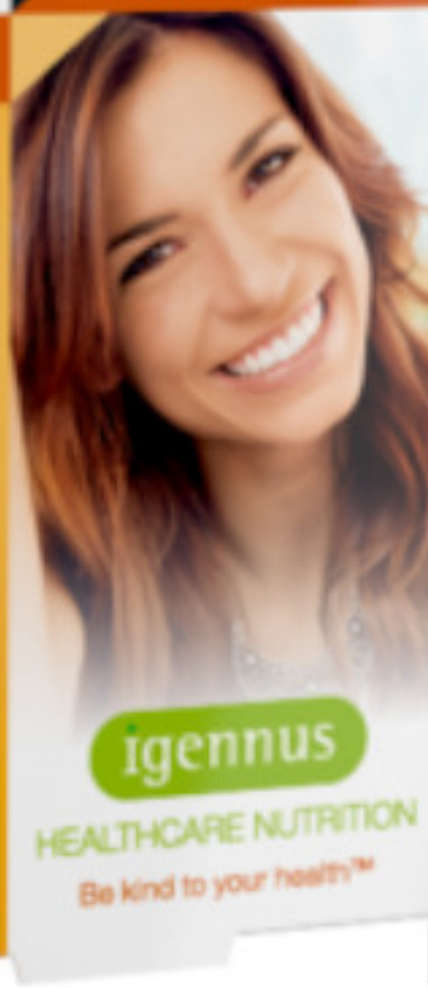
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Magnesium glycinate,
5-HTP, vitamin D3
& micronutrients



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 LIFT** micronutrient capsule (orange 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 LIFT**. 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® LIFT micronutrient capsule:

Magnesium glycinate; capsule shell (emulsifier: hydroxypropyl methylcellulose); 5-HTP (L-5 hydroxytryptophan); zinc citrate; vitamin B3 (nicotinamide); vitamin C (ascorbic acid); selenium (selenomethionine); vitamin B5 (calcium-D Pantothenate); 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 HAPPY

We often neglect our health and wellness when the pressures and demands of life make it challenging to eat well, exercise and get sufficient sleep. **MindCare LIFT** combines nutrients scientifically proven to support mood balance, the brain and neurotransmitters. Taken consistently, this comprehensive formula is designed to help adults stay happy and enjoy life.

DUAL CAPSULE FORMULA FOR ADVANCED SUPPORT

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

Elevated homocysteine can disrupt neurotransmitter balance, which may affect mood. Vitamins B6, B12 and folate help to maintain normal homocysteine levels, supporting normal **neurotransmitter function**.

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

Vitamin B12 contributes to normal **neurological function**.

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

Vitamin B5 contributes to normal synthesis of vitamin D and some **neurotransmitters**.

* 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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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
5-HTP	100 mg	n/a
Vitamin B3 (niacin)	48 mg	300
Vitamin C (ascorbic acid)	40 mg	50
Zinc (citrate)	20 mg	200
Vitamin B5 (pantothenic acid)	12 mg	200
Vitamin B6 (pyridoxal-5-phosphate)	7.98 mg	570
Vitamin B1 (thiamine)	3.3 mg	300
Vitamin B2 (riboflavin)	2.8 mg	200
Vitamin B7 (biotin)	150 µg	300
Folate ([6S]-5-methyltetrahydrofolate)	100 µg	50
Selenium	82.5 µg	150
Vitamin B12 (methylcobalamin)	20 µg	800

*% reference intake