

PRODUCT INFORMATION:

Two capsules typically provide:

		%NRV*
Niacin (vitamin B3)	20mg NE	125
Folic acid	100µg	50
Vitamin B12	20µg	800
Pantothenic acid (vitamin B5)	200mg	3333
Phosphatidyl serine	30mg	
Choline	260mg	
Arginine pyroglutamate	200mg	
Acetyl-L-carnitine HCl	100mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Choline bitartrate, capsule: hydroxypropyl methylcellulose (colour: titanium dioxide), calcium d-pantothenate (vitamin B5), L-arginine pyroglutamate, acetyl L-carnitine HCl, phosphatidyl serine-rich lecithin (from **soya**); anti-caking agents: silicon dioxide, magnesium stearate; nicotinamide (vitamin B3), pteroylmonoglutamic acid (folic acid), methylcobalamin (vitamin B12).

Allergy advice: see ingredients in **bold**

No artificial colours, flavours or preservatives.

No yeast, added sugar or salt.

WARNING: If you are pregnant, breastfeeding, taking any medication or have a medical condition, please consult your healthcare professional before using this product.

This product has not been tested on animals.

HIGHER NATURE®

MIND HEALTH

ADVANCED BRAIN NUTRIENTS

Supports mental performance



90 capsules
vegetarian and vegan

ADVANCED BRAIN NUTRIENTS FOOD SUPPLEMENT - 90 CAPSULES

- ✓ Vitamin B5 contributes to normal mental performance and metabolism of some neurotransmitters
- ✓ Vitamins B3 and B12 contribute to normal psychological function and the reduction of tiredness and fatigue

DIRECTIONS: Adults take 2 capsules once or twice a day (children 8 years and over, 1 capsule a day) at least 30 minutes before meals. 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.

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