#### PRODUCT INFORMATION

One capsule typically provides: Ginger rhizome standardised extract (5% gingerols)

300mg

INGREDIENTS: Ginger rhizome (Zingiber officinale) guaranteed standardised extract (5% gingerols), glazing agent: shellac, glyceryl monostearate, ethyl cellulose; vegetarian capsule: hydroxypropyl methylcellulose.

DOES NOT CONTAIN: sugar, salt, starch, wheat, gluten, maize, corn, yeast, lactose, dairy products, artificial preservatives, colours or flavourings. Suitable for vegetarians.

This product is not tested on animals.



PP

Charitable organisations policy: supplements regularly donated

## HIGHER NATURE®



# HIGH STRENGTH GINGER 300mg

60 capsules VEGETARIAN FOOD SUPPLEMENT

### GINGER

## 60 capsules

✓ Ginger helps to support digestion.

Popular in spicy dishes, ginger contains compounds called gingerols, which are responsible for its characteristic pungent odour and taste.

DIRECTIONS: Take 1 capsule up to 3 times a day, or 2 hours before travelling (children over 8 years, take a maximum of 2 capsules a day with at least a 6 hour gap between them). Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Caution if pregnant or planning pregnancy.

This bottle has a UV filter. Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

109

Higher Nature Burwash Common, East Sussex, TN19 7LX, UK www.highernature.com