

PRODUCT INFORMATION

One tablet typically provides:

	200mg	%RDA*
Vitamin C	250	
Thiamin (vitamin B1)	25mg	2273
Riboflavin (vitamin B2) (from riboflavin and riboflavin-5-phosphate)	16.67mg 15.1mg 1.57mg)	1191
Niacin (vitamin B3) (from nicotinamide and nicotinic acid)	25mg NE 22.5mg 2.5mg)	156
Vitamin B6 (from pyridoxine hydrochloride and pyridoxal-5-phosphate)	16.67mg 15.3mg 1.37mg)	1191
Folic acid	50µg	25
Vitamin B12	50µg	2000
Biotin	25µg	50
Pantothenic acid (vitamin B5)	50mg	833
Siberian Ginseng	50mg	
American Ginseng	20mg	
Korean Ginseng (herbs are dried and powdered)	20mg	

*RDA = Recommended Daily Allowance (new 2009 values)

Long term intakes of this amount of Vitamin B6 may lead to mild tingling and numbness.

DOES NOT CONTAIN: sugar, salt, soya, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Hypo-allergenic formula.

Suitable for vegetarians and vegans.

This product is not tested on animals.



HIGHER NATURE®

B-VITAL

B complex with vitamin C and ginseng

90 tablets
VEGETARIAN
FOOD SUPPLEMENT

B-VITAL

✓ Biotin, Vitamins B1, B2, B3, B5, B6, B12 & C contribute to normal energy production.

DIRECTIONS: Take 1-3 tablets (children over 5 years, 1 tablet) a day, with meals, or as your health professional advises. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

Not advisable if pregnant, breastfeeding or taking warfarin. B vitamins may turn urine bright yellow - this is normal.

INGREDIENTS: Bulking agent: natural Lithothamnion calcarea; Vitamin C (as ascorbic acid), pantothenic acid (as calcium-d-pantothenate), siberian ginseng, vitamin B12 prep., bulking agent: cellulose; thiamin hydrochloride, niacin (as nicotinamide), american ginseng, korean ginseng, vitamin B6 (as pyridoxine hydrochloride), riboflavin, flow agent: magnesium stearate*; zein protein coating, anti-caking agent: silicon dioxide; niacin (as nicotinic acid), riboflavin (as riboflavin-5-phosphate), vitamin B6 (as pyridoxal-5-phosphate), folic acid, d-biotin. * (vegetarian source)

This product is not tested on animals.

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.

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highternature.com

90 tablets

BVI090
109



10830
10130
031013
031013
5

BVI-010-01