

PRODUCT INFORMATION

Three capsules typically provide:		%RDA*		
Vitamin A (5000iu)	1.5mg RE	188	Chromium GTF	100µg 250
Vitamin D (200iu)	5µg	100	Silicon	3mg
Vitamin E (75iu)	50mg α-TE	417	Boron	0.5mg
Vitamin C	200mg	250	Bioflavonoid complex	20mg
(as calcium ascorbate)			Methyl sulphonyl methane	300mg
Thiamin (vitamin B1)	5mg	455	Betaine HCl	75mg
Riboflavin (vitamin B2)	5mg	357	Chicory root powder	50mg
Niacin (vitamin B3)	30mg NE	188	Marigold powder	50mg
(as nicotinamide)			Chervil powder	50mg
Vitamin B6	20mg	1429	Chlorophyll powder	30mg
(as pyridoxal-5-phosphate)			Alfalfa powder	20mg
Vitamin B12	5µg	200	Watercress powder	20mg
Biotin	30µg	60	Garlic powder	20mg
Pantothenic acid (vitamin B5)	50mg	833	Sage powder	15mg
Calcium	122mg	15	Dandelion powder	10mg
Magnesium	38mg	10	Burdock powder	10mg
Zinc	15mg	150	Olive leaf	5mg
Iodine	40µg	27	<i>Lactobacillus sporogenes</i>	8mg
Copper	0.5mg	50	(100mill. active at time of manufacture.)	
Selenium	75µg	136	*RDA = Recommended Daily Allowance (new 2009 values)	

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

May not be suitable for people with a fish or crustacean allergy.

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

Suitable for vegetarians and vegans.

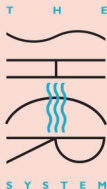
This product is not tested on animals.

What is The Sher System? See www.sher.co.uk

Charitable organisations policy: supplements regularly donated



HIGHER NATURE®



SKIN SUPPORT FORMULA



90 capsules
VEGETARIAN
FOOD SUPPLEMENT

SKIN SUPPORT FORMULA vitamin, mineral, herb and probiotic formula

90 capsules

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DIRECTIONS: Take 3 capsules a day with a meal, 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.

Contains Vitamin A. Do not take if pregnant or planning pregnancy. B vitamins may turn urine bright yellow - this is normal.

INGREDIENTS: Vegetarian capsule: hydroxypropyl methylcellulose (carrageenan); natural *Lithothamnion calcarea*; bulking agent: rice bran, magnesium citrate, methyl sulphonyl methane, calcium ascorbate (buffered), betaine HCl, d-alpha tocopherol acid succinate, calcium d-pantothenate, chervil, marigold, chicory root, zinc citrate, natural kelp, flow agent: magnesium stearate*, vitamin B6 (as pyridoxal-5-phosphate), niacin (as nicotinamide), chlorophyllin, watercress, garlic (carrier: potato maltodextrin); alfalfa, citrus bioflavonoid complex, vitamin A acetate (stabiliser: acacia; stabiliser: sucrose; anti-caking agent: maize starch; antioxidant: dl-alpha tocopherol; anti-caking agent: tricalcium phosphate), l-selenomethionine, sage, burdock, dandelion, *Lactobacillus sporogenes*, silicon dioxide; thiamin HCl, riboflavin, olive leaf extract (carrier: potato dextrin; antioxidant: silicon dioxide); cyanocobalamin, sodium borate, vitamin D (as ergocalciferol), copper citrate, chromium picolinate, d-biotin. * (non-animal source)

Yeast is used in the manufacture of vitamin D.

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



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