

PRODUCT INFORMATION

Two capsules typically provide:

		%RDA*
Niacin (vitamin B3)	40mg NE	250
Vitamin B6	20mg	1429
(as pyridoxine HCl	10mg	
and pyridoxal-5-phosphate	10mg)	
Folic acid	100µg	50
Vitamin B12	20µg	800
Pantothenic acid (vitamin B5)	100mg	1667
Magnesium	70mg	19
Theanine	50mg	
<i>Melissa officinalis</i>	100mg	
Passion flower	100mg	
Taurine	550mg	

*RDA = Recommended Daily Allowance (new 2009 values)

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

INGREDIENTS: L-tyrosine, magnesium citrate, vegetarian capsule: hydroxypropyl methylcellulose (carrageenan); calcium d-pantothenate, *Melissa officinalis*, passion flower (*Passiflora incarnata*) 4:1 extract, bulking agent: microcrystalline cellulose; L-theanine, niacin (as nicotinamide), anti-caking agent: silicon dioxide; flow agent: vegetarian magnesium stearate; pyridoxal-5-phosphate, pyridoxine HCl, folic acid (as pteroyl glutamic acid), methylcobalamin.

Glucose is used in the manufacture of this product.

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

Suitable for vegetarians and vegans.

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®
PREMIUM NATURALS

BALANCE FOR NERVES

VITAMINS, AMINO ACIDS & BOTANICALS
WITH THEANINE

30 capsules
VEGETARIAN
FOOD SUPPLEMENT

BALANCE FOR NERVES

30 capsules

vitamins, amino acids & botanicals
with theanine

QBN030

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DIRECTIONS: Take 2 capsules once or twice a day (children over 6 years, 1 a day), 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.

With B vitamins for mental performance and magnesium for normal nerve function.

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.



QBN-273-04

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK