

PRODUCT INFORMATION

Two capsules typically provide:

		%RDA*
Thiamin (vitamin B1)	25mg	2273
Niacin (vitamin B3)	40mg NE	250
Vitamin B6	20mg	1429
Folic acid	100µg	50
Vitamin B12	10µg	400
Pantothenic acid (vitamin B5)	90mg	1500
Tyrosine	430mg	
Glutamine	500mg	
5-HTP (L-5-hydroxytryptophan)	90mg	
Tri-methyl glycine	220mg	
<i>Melissa officinalis</i>	50mg	

*RDA = Recommended Daily Allowance

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

INGREDIENTS: L-glutamine, L-tyrosine, betaine monohydrate, capsule: hydroxypropyl methylcellulose (carrageenan)*; calcium d-pantothenate, L-5-hydroxytryptophan, *Melissa officinalis*, niacin (as nicotinamide), thiamin HCl, pyridoxine HCl, anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide; folic acid (as pteroyl glutamic acid), methylcobalamin. *(vegetarian source)

Glucose is used in the manufacture of this product.

DOES NOT CONTAIN: sugar, salt, starch, soya, wheat, gluten, maize, corn, 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

POSITIVE OUTLOOK

B VITAMINS & AMINO ACIDS

30 capsules
VEGETARIAN
FOOD SUPPLEMENT

POSITIVE OUTLOOK

30 capsules

- ✓ Vitamins B6, B12, Thiamine and Niacin support normal function of the nervous system.
- ✓ Vitamins B6, B12, Thiamine, Niacin, Folate and Pantothenic Acid support normal psychological function.
- ✓ Vitamins B6, B12, Niacin, Folate and Pantothenic Acid help reduce tiredness and fatigue
- ✓ Vitamin B6 helps regulate hormonal activity.

DIRECTIONS: Take 2 capsules once or twice a day (children over 6 years, 1 a day), preferably on an empty stomach or with a non-protein snack, 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 or in cases of melanoma, schizophrenia, high blood pressure, or if taking fenfluramine, or MAO inhibitor drugs and exercise care if taking SSRIs. Rarely, digestive discomfort can occur which usually disappears by reducing the intake. Can cause drowsiness in sensitive individuals; do not drive or operate machinery if affected.

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.

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