

#### 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   |       |
| Lemon balm                    | 50mg    |       |

\*RDA = Recommended Daily Allowance

#### INGREDIENTS:

L-glutamine, L-tyrosine, betaine monohydrate, capsule: hydroxypropyl methylcellulose (carrageenan)\*; calcium d-pantothenate, L-5-hydroxytryptophan, lemon balm (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)

#### DOES NOT CONTAIN:

Artificial colours, flavourings or preservatives, corn, dairy products, gluten, lactose, maize, salt, soya, starch, sugar, wheat, yeast.

Suitable for vegetarians and vegans.

This product is not tested on animals.



# higher nature.



## POSITIVE OUTLOOK WITH B VITS & AMINO ACIDS

ULTIMATE NUTRITION

FOOD SUPPLEMENT

30  
capsules

#### POSITIVE OUTLOOK

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

#### DIRECTIONS:

Adults take 2 capsules once or twice a day, children over 6 years, 1 a day, on an empty stomach, 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.

#### WARNING:

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

#### STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

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