PRODUCT INFORMATION		
Two capsules typically provide:		%RDA
Thiamin (vitamin B1)	25mg	227
Niacin (vitamin B3)	40mg NE	25
Vitamin B6	20mg	142
Folic acid	100µg	5
Vitamin B12	10µg	40
Pantothenic acid (vitamin B5)	90mg	150
Tyrosine	430mg	
Glutamine	500mg	
5-HTP (L-5-hydroxytryptophan)	90mg	
Tri-methyl glycine	220mg	
Melissa officinalis	50mg	

^{*}RDA = Recommended Daily Allowance (new 2009 values)

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

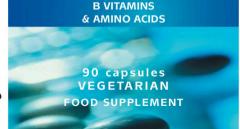
INGREDIENTS: L-glutamine, L-tyrosine, betaine monohydrate, capsule: hydroxypropyl methylcellulose (carrageenan)*; calcium d-pantothenate, L-5-hydroxytryptophan, Melissa officinalis, niacin (as nicotinamide), thiamin HCl, pyridoxine HCl, anti-caking agent: magnesium stearate*; anti-caking agent: silicon 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, com, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarians and vegans. This product is not tested on animals.

HIGHER NATURE® PREMIUM NATURALS

POSITIVE OUTLOOK



POSITIVE OUTLOOK

90 capsules OPO090

B vitamins & amino acids

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.



B vitamins, tyrosine, glutamine and other nutrients support a happy disposition.

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, LIK www.highernature.com

Charitable organisations policy: supplements regularly donated