

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

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

INGREDIENTS: L-tyrosine, magnesium citrate, 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; pyridoxal-5-phosphate, anti-caking agent: magnesium stearate*; pyridoxine HCl, folic acid (as pteroyl glutamic acid), methylcobalamin. *(vegetarian source)

Glucose is used in the manufacture of this product.

DOES NOT CONTAIN: sugar, 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

WITH B VITAMINS AND MAGNESIUM
TO SUPPORT MENTAL PERFORMANCE

30 capsules
VEGAN
FOOD SUPPLEMENT

BALANCE FOR NERVES

30 capsules
QBN030

- ✓ Magnesium contributes to the normal functioning of the nervous system and to the reduction of tiredness and fatigue.
- ✓ Magnesium contributes to the normal psychological function.
- ✓ Vitamins B3, B6 & B12 contribute to the normal functioning of the nervous system.
- ✓ Vitamins B3, B5, B6 & B12 contribute to the reduction of tiredness and fatigue.

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.

This jar 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-273-05

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