

**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    |       |
| Lemon balm                    | 100mg   |       |
| Passion flower                | 100mg   |       |
| Taurine                       | 550mg   |       |

\*RDA = Recommended Daily Allowance

**INGREDIENTS:**

L-tyrosine, magnesium citrate, capsule:  
hydroxypropyl methylcellulose (carrageenan)\*;  
calcium d-pantothenate, lemon balm (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)

**DOES NOT CONTAIN:**

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

Suitable for vegetarians and vegans.

This product is not tested on animals.

# higher nature



## BALANCE FOR NERVES WITH B VITS & MAGNESIUM

ULTIMATE NUTRITION

FOOD SUPPLEMENT

30  
capsules**BALANCE FOR NERVES**

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

**DIRECTIONS:**

Adults take 2 capsules once or twice a day, children 6 years and up take 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.

**WARNING:**

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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