

PRODUCT INFORMATION:

Two capsules typically provide:

		%NRV*
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	

*NRV = Nutrient Reference Value

INGREDIENTS:

L-taurine, 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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