

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-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

90
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.

QBN090
113



QBN-273-05



Higher Nature, Burwash Common, East Sussex,
TN19 7LX, UK www.highernature.com