

## PRODUCT INFORMATION

Two capsules typically provide:

|                               |         | %RDA* |
|-------------------------------|---------|-------|
| Niacin (vitamin B3)           | 20mg NE | 125   |
| Folic acid                    | 100µg   | 50    |
| Vitamin B12                   | 20µg    | 800   |
| Pantothenic acid (vitamin B5) | 200mg   | 3333  |
| Phosphatidyl serine           | 30mg    |       |
| Choline                       | 260mg   |       |
| Arginine pyroglutamate        | 200mg   |       |
| Acetyl-L-carnitine HCl        | 100mg   |       |

\*RDA = Recommended Daily Allowance (new 2009 values)

**INGREDIENTS:** Choline bitartrate (anti-caking agent: silicon dioxide); capsule: hydroxypropyl methylcellulose (carrageenan)\*; calcium d-pantothenate, L-arginine pyroglutamate, acetyl L-carnitine HCl, phosphatidyl serine-rich lecithin (from soya) (anti-caking agent: silicon dioxide); anti-caking agent: silicon dioxide; anti-caking agent: magnesium stearate\*; niacin (as nicotinamide), folic acid, methylcobalamin. \*(vegetarian source)

Glucose is used in the manufacture of this product.

**DOES NOT CONTAIN:** sugar, salt, 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

# ADVANCED BRAIN NUTRIENTS

WITH VITAMINS B3, B5 & B12  
TO SUPPORT MENTAL PERFORMANCE

180 capsules  
VEGETARIAN  
FOOD SUPPLEMENT

## ADVANCED BRAIN NUTRIENTS

180 capsules

- ✓ Vitamin B5 contributes to normal mental performance.
- ✓ Vitamins B3 & B12 contribute to normal psychological function.
- ✓ Vitamins B3, B5 & B12 contribute to reduction of tiredness and fatigue.
- ✓ Vitamin B5 contributes to normal synthesis and metabolism of some neurotransmitters.

**DIRECTIONS:** Take 2 capsules once or twice a day (children over 8 years, 1 a day), with meals, 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 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.

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