

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

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)

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



BRAIN NUTRIENTS

SUPPORT MENTAL PERFORMANCE

ULTIMATE NUTRITION
FOOD SUPPLEMENT
30
capsules

BRAIN NUTRIENTS
WITH VITAMINS B3, B5 & B12
QAB030
110

✓Vitamin B5 contributes to normal mental performance & metabolism of some neurotransmitters.

✓Vitamins B3 & B12 contribute to normal psychological function & the reduction of tiredness & fatigue.

DIRECTIONS:

Adults 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.

STORAGE:

Store in a cool, dry, steam free environment out of reach of children.



QAB-275-10

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