

**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

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



**ADVANCED  
BRAIN NUTRIENTS**

**WITH VITAMINS B3, B5 & B12  
TO SUPPORT MENTAL PERFORMANCE**



**90 capsules  
VEGAN  
FOOD SUPPLEMENT**

**ADVANCED  
BRAIN NUTRIENTS**

**90 capsules**  
QAB090

- ✓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 jar 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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QAB-275-10



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