

PRODUCT INFORMATION:

Two capsules typically provide:

		% NRV *
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	

***NRV** = Nutrient Reference Value**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, 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
**180
capsules**
**BRAIN NUTRIENTS
WITH VITAMINS B3, B5 & B12**

- ✓ 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.

QAB180
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QAB-275-10



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