	RODUCT INFORMATION		
	ree capsules typically provide:		%RE
Vit	tamin C	60mg	
Th	iamin (vitamin B1)	1.5mg	
Ni	acin (vitamin B3)	15mg NE	
Vit	tamin B6	3mg	
Pa	intothenic acid (vitamin B5)	30mg	
M	agnesium	90mg	
Zir		7.5mg	
M	anganese	1.5mg	
	F Chromium	225µg	
Fe	nugreek seed	300mg	
	nnamon bark	225mg	
Lic	quorice root extract	150mg	
(<	1% glycyrrhizin)	· ·	
Înı	ulin	15mg	

INGREDIENTS: Magnesium citrate, fenugreek seed pdr, capsule: hydroxypropyl methylcellulose (carrageenan)*; cinnamon bark pdr. liquorice root standardised extract de-glycymhizinated (<1% glycymhizin). chromium (from soya), ascorbic acid, calcium d-pantothenate, zinc citrate. chicory root pdr. niacin (as nicotinamide), anti-caking agent; silicon dioxide: anti-caking agent; magnesium stearate*; manganese citrate, pyridoxine HCl, thiamine HCl. *(vegetarian source), pdr = powder

DOES NOT CONTAIN: salt, wheat, gluten, lactose, dairy products, artificial preservatives, colours or flavourings.

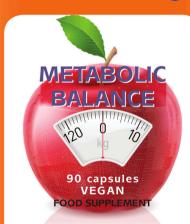
Suitable for vegetarians and vegans.

*RDA = Recommended Daily Allowance

This product is not tested on animals.

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®



METABOLIC BALANCE 90 capsules

- ✓ Chromium contributes to maintenance of normal blood. glucose levels.
- √ Vitamins C. B1, B3, B5, B6 and manganese contribute to a normal energy yielding metabolism.
- √ Vitamins C, B3, B5, B6 and magnesium contribute to the reduction of tiredness and fatigue. DIRECTIONS: Take 1 capsule 3 times 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.

Diabetics should monitor their blood sugar level carefully and may need to lower their insulin intake.

can affect the product quality.



XFA-184-05

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





HIGHER NATURE Burwash Common Fast Sussey TN19 7LX LIK www.highernature.com