

PRODUCT INFORMATION

Three capsules typically provide:

		%RDA*
Vitamin C	60mg	75
Thiamin (vitamin B1)	1.5mg	136
Niacin (vitamin B3)	15mg NE	94
Vitamin B6	3mg	214
Pantothenic acid (vitamin B5)	30mg	500
Magnesium	90mg	24
Zinc	7.5mg	75
Manganese	1.5mg	75
GTF Chromium	225µg	563
Fenugreek seed	300mg	
Cinnamon bark	225mg	
Liquorice root extract (<1% glycyrrhizin)	150mg	
Inulin	15mg	

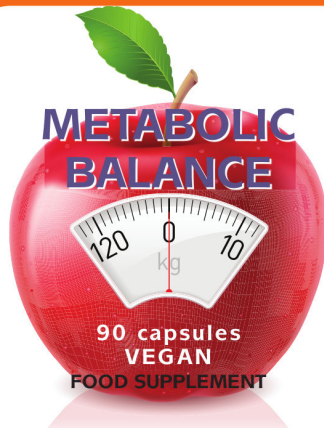
*RDA = Recommended Daily Allowance

INGREDIENTS: Magnesium citrate, fenugreek seed pdr, capsule: hydroxypropyl methylcellulose (carrageenan)*; cinnamon bark pdr, liquorice root standardised extract de-glycyrrhizinized (<1% glycyrrhizin), 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. This product is not tested on animals.

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.

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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