

PRODUCT INFORMATION

Two capsules typically provide:

		%RDA*
Riboflavin (vitamin B2)	15mg	1071
Vitamin B6	50mg	3572
(as pyridoxine hydrochloride and pyridoxal-5-phosphate	15mg 35mg)	
Folic acid	400µg	200
Vitamin B12 (methylcobalamin)	500µg	20000
Zinc	10mg	100
Tri-methyl glycine	750mg	

*RDA = Recommended Daily Allowance

Long term intakes of this amount of vitamin B6 may lead to mild tingling and numbness.

INGREDIENTS: Betaine monohydrate, capsule: hydroxypropyl methylcellulose*, colours: titanium dioxide, chlorophyllin; bulking agent: natural *Lithothamnion calcareum*; folic acid, pyridoxal-5-phosphate, zinc citrate, methylcobalamin, anti-caking agent: magnesium stearate*; anti-caking agent: silicon dioxide; pyridoxine hydrochloride, riboflavin. *(vegetarian source)

DOES NOT CONTAIN: salt, soya, 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

HIGHER NATURE®



H FACTORS homocysteine & heart nutrients

60 capsules
VEGAN
FOOD SUPPLEMENT

H FACTORS

60 capsules

HHH060

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✓ Vitamins B6 and B12, folic acid and TMG help support healthy homocysteine levels.

DIRECTIONS: Take 2-4 capsules a day, with a meal, for 12 weeks, then maintain at 1-2 capsules a day. Do not exceed recommended daily intake.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

B vitamins may turn urine bright yellow - this is normal.



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HHH-172-02



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.

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
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