

THE ADVANCED DAILY NUTRITION HANDY PACK

QANP30

complete vitamin & mineral formula with vitamin C & omega 3, 6, 7 & 9

Food supplement

This pack provides 30 convenient blister strips containing a daily supply for 15 or 30 days.

Each blister strip provides:

1 ADVANCED NUTRITION COMPLEX tablet

1 IMMUNE + tablet

1 ESSENTIAL OMEGAS 3:6:7:9 capsule

DIRECTIONS: Take two strips every day.

OR take one strip (one of each kind of tablet or capsule) every day, with meals. Do not exceed recommended daily intake.

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

This pack contains: Vitamin A. Do not take if pregnant or planning pregnancy. B vitamins may turn urine bright yellow - this is normal.

Does not contain: salt, wheat, gluten, yeast, lactose, dairy products, artificial preservatives, colours or flavourings.

These products are not tested on animals.

Handy, ready-to-go strips in blister format containing Advanced Nutrition Complex, Immune + and Essential Omegas 3:6:7:9, providing nutrients which together support healthy immunity, energy, stamina, healthy mood, brain function, blood sugar balance, skin, healthy heart, hormonal balance and flexible joints.

Two strips contain: 2 complete high potency multivitamin and mineral tablets containing key nutrients in their optimum organic forms, such as pyridoxal-5-phosphate for Vitamin B6 and citrates for better absorption and assimilation; 2 Omega 3,6,7 and 9 oil capsules for optimum brain, joint and cardiovascular support; and 2 high strength Vitamin C tablets with Blackcurrant, Black Elderberry, Bilberry and Zinc for a strong immune system. Perfect for travel. Two strips last 1-2 days depending on choice of intake level.

Store in a cool, dry place out of reach of children.

Best before end: see base

Charitable organisations policy: supplements regularly donated

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

www.highernature.com

Blister strips not to be sold separately

QAN-276-07

OEO-278-03

QIM-272-04



IMMUNE + vitamin C with zinc, blackcurrant & elderberry

PRODUCT INFORMATION:

One tablet typically provides:	%RDA*
Vitamin C	500mg 625
Zinc	2.5mg 25
Blackcurrant fruit 4:1 extract (min. 2% anthocyanidins)	25mg
Bilberry standardised extract (2% anthocyanidins)	25mg
Black elderberry standardised extract (2% total flavonoids)	40mg

*RDA = Recommended Daily Allowance (New 2009 values)

INGREDIENTS: Vitamin C (as ascorbic acid), bulking agent: microcrystalline cellulose; black elderberry std. ext. (2% total flavonoids); blackcurrant fruit 4:1 extract (min. 2% anthocyanidins); bilberry std. ext. (2% anthocyanidins); bulking agent/coating: hydroxypropyl methylcellulose; flow agent: vegetarian magnesium stearate; zinc citrate, anti-caking agent: silicon dioxide. std. ext. = standardised extract

This pack provides 30 speckled brown Immune + tablets in 30 blister strips.

ESSENTIAL OMEGAS 3:6:7:9

rich source of omega 3 & 6 with sea buckthorn & olive oils

PRODUCT INFORMATION:

One capsule typically provides:	
EPA	minimum 170mg
DHA	minimum 120mg
GLA	minimum 45mg
Palmitoleic acid (omega 7)	minimum 9mg
(from sea buckthorn oil)	
Oleic acid (omega 9)	minimum 28mg
(from extra virgin olive & sea buckthorn oils)	

INGREDIENTS: Fish oil [providing minimum 34% eicosapentaenoic acid (EPA) and minimum 24% docosahexaenoic acid (DHA)] (antioxidant: mixed tocopherols), capsule: gelatine, glycerine; starflower oil (borage) minimum 22% gamma linolenic acid (GLA), virgin olive oil, sea buckthorn oil, antioxidant: natural vitamin E (d-alpha tocopherol).

This pack provides 30 Essential Omegas 3:6:7:9 golden orange capsules in 30 blister strips.

HIGHER NATURE® PREMIUM NATURALS

15-30 DAY SUPPLY

THE ADVANCED DAILY NUTRITION HANDY PACK

COMPLETE VITAMIN & MINERAL FORMULA WITH VITAMIN C & OMEGAS 3, 6, 7 & 9

30 convenient blister strips FOOD SUPPLEMENT

ADVANCED NUTRITION COMPLEX complete vitamin & mineral formula

PRODUCT INFORMATION:

One tablet typically provides:	%RDA*
Vitamin A (2500iu)	750ug RE 94
Vitamin D (100iu) (ergocalciferol)	2.5ug 50
Vitamin E (45iu)	30.3mg α-TE 253
Vitamin C	100mg 125
Thiamin (vitamin B1)	25mg 2273
Riboflavin (vitamin B2)	25mg 1786
Niacin (vitamin B3)	40mg NE 250
Vitamin B6	3.3mg 236

(as pyridoxal-5-phosphate and pyridoxine HCl)	1.98mg 1.52mg
Folic acid	65ug 33
Vitamin B12 (methylcobalamine)	20ug 800
Biotin	25ug 50
Pantothenic acid (vitamin B5) (calcium d-pantothenate)	25mg 417
Calcium (Lithothamnion calcarea, ascorbate, citrate)	170mg 21
Iron (ferrous gluconate)	5mg 36
Magnesium (Lithothamnion calcarea, ascorbate, citrate, oxide)	75mg 20
Zinc (citrate)	5mg 50
Iodine (kelp)	15ug 10
Selenium (selenomethionine)	15ug 27
Manganese (citrate)	1.3mg 65
Molybdenum (ammonium molybdate)	15ug 30
Chromium (polynicotinate)	20ug 50
Vitamin K	40ug 53
Choline	10mg
Inositol	10mg

*RDA = Recommended Daily Allowance (New 2009 values)

INGREDIENTS: Natural Lithothamnion calcarea, calcium citrate, magnesium citrate, vitamin E (as d-alpha tocopheryl acetate), bulking agent: microcrystalline cellulose; calcium ascorbate, magnesium oxide, bulking agent/coating: hydroxypropyl methylcellulose; glycerine, colour: sodium copper chlorophyllin; niacin (as nicotinamide), magnesium ascorbate, ferrous gluconate, calcium d-pantothenate, thiamin HCl, riboflavin, anti-caking agent: silicon dioxide; choline bitartrate, flow agent: magnesium stearate; zinc citrate, inositol, vitamin A acetate (antioxidant: d-alpha tocopherol; anti-caking agent: tricalcium phosphate); anti-caking agent: stearic acid; manganese citrate, l-selenomethionine, pyridoxal-5-phosphate, pyridoxine HCl, chromium picolinate, folic acid, copper citrate, phytomenadione, biotin, methylcobalamine, ammonium molybdate, potassium iodide, ergocalciferol. (vegetarian source)

This pack provides 30 dark green Advanced Nutrition Complex tablets in 30 blister strips.