

#### PRODUCT INFORMATION

Three capsules typically provide:

|                               |           | %RDA* |                                           |       | %RDA* |
|-------------------------------|-----------|-------|-------------------------------------------|-------|-------|
| Vitamin A (5000iu)            | 1.5mg RE  | 188   | Chromium GTF                              | 100µg | 250   |
| Vitamin D (200iu) 5µg         | 100       |       | Silicon                                   | 3mg   |       |
| Vitamin E (75iu)              | 50mg α-TE | 417   | Boron                                     | 0.5mg |       |
| Vitamin C                     | 200mg     | 250   | Bioflavonoid complex                      | 20mg  |       |
| (as calcium ascorbate)        |           |       | Methyl sulphonyl methane                  | 300mg |       |
| Thiamin (vitamin B1)          | 5mg       | 455   | Betaine HCl                               | 75mg  |       |
| Riboflavin (vitamin B2)       | 5mg       | 357   | Chicory root powder                       | 50mg  |       |
| Niacin (vitamin B3)           | 30mg NE   | 188   | Marigold powder                           | 50mg  |       |
| (as nicotinamide)             |           |       | Chervil powder                            | 50mg  |       |
| Vitamin B6                    | 20mg      | 1429  | Chlorophyll powder                        | 30mg  |       |
| (as pyridoxal-5-phosphate)    |           |       | Alfalfa powder                            | 20mg  |       |
| Vitamin B12                   | 5µg       | 200   | Watercress powder                         | 20mg  |       |
| Biotin                        | 30µg      | 60    | Garlic powder                             | 20mg  |       |
| Pantothenic acid (vitamin B5) | 50mg      | 833   | Sage powder                               | 15mg  |       |
| Calcium                       | 122mg     | 15    | Dandelion powder                          | 10mg  |       |
| Magnesium                     | 38mg      | 10    | Burdock powder                            | 10mg  |       |
| Zinc                          | 15mg      | 150   | Olive leaf                                | 5mg   |       |
| Iodine                        | 40µg      | 27    | <i>Bacillus coagulans</i>                 | 8mg   |       |
| Copper                        | 0.5mg     | 50    | (100mill. active at time of manufacture.) |       |       |
| Selenium                      | 75µg      | 136   | *RDA = Recommended Daily Allowance        |       |       |

Long term intake of this amount of Vitamin B6 may lead to mild tingling and numbness.

May not be suitable for people with a fish or crustacean allergy.

**DOES NOT CONTAIN:** 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®

## SKIN SUPPORT FORMULA

with vitamins, minerals  
& plant extracts

90 capsules  
VEGAN  
FOOD SUPPLEMENT

## SKIN SUPPORT FORMULA 90 capsules

SHE090

107

✓ Vitamins A, B2, B3, biotin, iodine, and zinc contribute to the maintenance of normal skin.

**DIRECTIONS:** Take 3 capsules a day with a meal, 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.

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

**INGREDIENTS:** Capsule: hydroxypropyl methylcellulose (carrageenan)\*; natural *Lithothamnion calcarea*, bulking agent: rice bran, magnesium citrate, methyl sulphonyl methane, calcium ascorbate (buffered), betaine HCl, d-alpha tocopheryl acid succinate, calcium d-pantothenate, chervil, marigold, chicory root, zinc citrate, natural kelp, anti-caking agent: magnesium stearate\*, vitamin B6 (as pyridoxal-5-phosphate), niacin (as nicotinamide), chlorophyllin, watercress, garlic (carrier: potato maltodextrin); alfalfa, citrus bioflavonoid complex, vitamin A acetate (stabiliser: acacia; stabiliser: sucrose; anti-caking agent: maize starch; antioxidant: dl-alpha tocopherol; anti-caking agent: tricalcium phosphate), l-selenomethionine, sage, burdock, dandelion, *Bacillus coagulans*, silicon dioxide; thiamin HCl, riboflavin, olive leaf extract (carrier: potato dextrin; antioxidant: silicon dioxide); cyanocobalamin, sodium borate, vitamin D (as ergocalciferol), copper citrate, chromium picolinate, d-biotin.  
\*(non-animal source)

Yeast is used in the manufacture of vitamin D.

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  
www.highernature.com



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