

PRODUCT INFORMATION

Two tablets typically provide:

Vitamin D (400iu)	10µg	%RDA*	200
Vitamin C	100mg		125
Vitamin B6	50mg		3571
(as pyridoxal-5-phosphate and pyridoxine HCl)	25mg 25mg)		
Folic acid	200µg		100
Vitamin B12	200µg		8000
Pantothenic acid (vitamin B5)	50mg		833
Zinc	15mg		150
Selenium	50µg		91
Choline	500mg		
N-Acetyl l-cysteine	300mg		
5-hydroxytryptophan	200mg		
Taurine	200mg		

*RDA = Recommended Daily Allowance (new 2009 values)

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

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

This product is not tested on animals.

For more information on the natural treatment of addiction and a range of other mental health disorders contact us on 01926 311912 or go to www.smart-uk.com

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®



BRAIN COMPLEX

nutritional support
for strength of mind

30 tablets
FOOD SUPPLEMENT

BRAIN COMPLEX 30 tablets

nutritional support for strength of mind

SUB030

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DIRECTIONS: Adults take 2 tablets a day, preferably on an empty stomach or with a non-protein snack. Do not exceed recommended daily intake.

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

Not advisable if pregnant, or if taking fenfluramine and exercise care if taking SSRIs. Rarely, digestive discomfort can occur which usually disappears by reducing the intake. Can cause drowsiness in sensitive individuals; do not drive or operate machinery if affected.

INGREDIENTS: Choline bitartrate, n-acetyl l-cysteine, *Lithothamnion calcarea*, cellulose, 5-hydroxytryptophan, l-taurine, vitamin C (as ascorbic acid), calcium d-pantothenate, zinc citrate, flow agent: magnesium stearate*; anti-caking agent: silicon dioxide; pyridoxal-5-phosphate, pyridoxine HCl, l-selenomethionine, zein protein coating, vitamin D (as ergocalciferol), methylcobalamin, folic acid (as pteroyl glutamic acid). *(vegetarian source)



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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