

## PRODUCT INFORMATION:

Three capsules typically provide:

		%RDA*
Vitamin C	60mg	75
Thiamin (Vit B1)	1.5mg	136
Niacin (Vit B3)	15mg NE	94
Vitamin B6	3mg	214
Pantothenic Acid (Vit B5)	30mg	214
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-glycyrrhizinated (<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:

Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, wheat.

# higher nature

## METABOLIC BALANCE WITH B VITS & CHROMIUM

ULTIMATE NUTRITION

FOOD SUPPLEMENT

90  
capsules

## METABOLIC BALANCE

XFA090  
111

- ✓ Chromium contributes to maintenance of normal blood glucose levels.
- ✓ Vitamins B1, B3, B5 and B6 contribute to normal energy yielding metabolism.
- ✓ Zinc contributes to normal macronutrient metabolism.

## 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.

## WARNING:

Diabetics should consult their healthcare practitioner before use.

## STORAGE:

Store in a cool, dry, steam free environment out of reach of children.

Suitable for vegetarians and vegans.

This product is not tested on animals.



XFA-184-05



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