






Blended by our herbalist and supported by science, a unique combination of adaptogenic ingredients for

### INNER BALANCE

#### EVERY INGREDIENT HAS A PURPOSE

|             |   |   |   |
|-------------|---|---|---|
| ASHWAGANDHA |  |  |  |
| LION'S MANE |  |  |  |
| HOLY BASIL  |  |  |  |
| SEAGREENS   |  |  |   |

-  = Adaptogen     = Functional Mushroom  
 = Micronutrient     = Functional Herb  
 = Nootropic

#### INGREDIENTS:

Ashwagandha root, Holy Basil leaf\*, Lion's Mane biomass\*, Lion's Mane dual extract\*, Seagreens\* (Ascophyllum nodosum\*), Vegetable Cellulose (capsule).

#### NUTRITIONAL INFORMATION:

(serving size = 2 capsules)

| Ingredient                | Per Serving | %NRV |
|---------------------------|-------------|------|
| Iodine (from Seagreens*)  | 22.5µg      | 15%  |
| Ashwagandha root          | 258mg       | †    |
| Holy Basil leaf*          | 258mg       | †    |
| Lion's Mane biomass*      | 129mg       | †    |
| Lion's Mane dual extract* | 129mg       | †    |

#### NRV = NUTRIENT REFERENCE VALUE

† No NRV established \*organic

Store in a cool, dry place. Not to be used as a substitute for a healthy, balanced diet. Seek professional advice before taking this product if you are pregnant, breastfeeding, on medication or under 16. Please keep the carton as a reference to product information. Do not exceed stated intake.

UNWIND YOUR MIND

60 CAPSULES Refillable Jar

### CALM & COLLECTED

with ashwagandha & lion's mane for

### INNER BALANCE

*the*herbtender  
ADAPTOGENIC WELLNESS



Food Supplement

#### HOW TO USE:

A soothing mix for when you're feeling wired and need to chill\*. Take two capsules in the evening to wind down. Up to four can be taken if required. Can be taken during the day when in need of calm. Do not exceed four capsules per day.

#### CLEAN & NATURAL INGREDIENTS

#### FREE FROM GLUTEN, DAIRY & SOYA

#### VEGAN FRIENDLY

#### SUSTAINABLY SOURCED & PACKED

\*Iodine contributes to normal functioning of the nervous system and normal cognitive function.



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MADE IN  
GREAT BRITAIN

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