

**PRODUCT INFORMATION:**

One capsule typically provides:

		%NRV*
Thiamin (vitamin B1)	50mg	4545
Riboflavin (vitamin B2)	50mg	3571
Niacin (vitamin B3)	50mg	313
Vitamin B6	10mg	714
- as pyridoxal-5-phosphate	5mg	
- as pyridoxine HCl	5mg	
Folic Acid	200µg	100
- as methyltetrafolate	100µg	
- as folic acid	100µg	
Vitamin B12	20µg	800
Biotin	50µg	100
Pantothenic acid (vitamin B5)	50mg	833
Choline	50mg	
Inositol	20mg	

\*NRV = Nutrient Reference Value

**INGREDIENTS:** Choline bitartrate (anti-caking agent: silicon dioxide), capsule: hydroxypropyl methylcellulose, thiamin (vitamin B1), calcium d-pantothenate (vitamin B5), riboflavin (vitamin B2), nicotinamide (vitamin B3), bulking agent: microcrystalline cellulose, inositol, pyridoxal-5-phosphate (vitamin B6), anti-caking agent: magnesium stearate, pyridoxine hydrochloride (vitamin B6), anti-caking agent: silicon dioxide, calcium L-5-methyltetrahydrofolate (folic acid), pteroylglutamic acid (folic acid), biotin, methylcobalamin (vitamin B12).

**FREE FROM:** Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, salt, soya, sugar, wheat, yeast.

This product has not been tested on animals.

# HIGHER NATURE®

## EVERYDAY ESSENTIALS

## HIGH STRENGTH B COMPLEX

Complete  
B vitamin  
formula



90 capsules  
vegetarian and vegan

### HIGH STRENGTH B COMPLEX FOOD SUPPLEMENT - 90 CAPSULES

- ✓ Perfect for hectic lifestyles
- ✓ Feel energised with Vitamins B2, B3, B6 and B12 which help reduce tiredness and fatigue and are needed for energy release
- ✓ Aids mental performance with pantothenic acid (B5)
- ✓ Vitamins B1, B3, B6 and B12 all support the nervous system and psychological function

**DIRECTIONS:** Adults and children aged 13 and over take 1 capsule a day with meals, ideally with breakfast. 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:** B vitamins may turn urine bright yellow - this is normal.

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

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