

hfma CLEAR'

Reviewed in accordance with the HFMA Code of Advertising Practice On: 08-Apr-2021 By: K. Burren

Renewal: 08-Apr-2023

HFMA CLEAR CHECK ref no: 08/0421

Ingredients Serving 3 Capsules % NRV

8% **Magnesium Glycinate** 250mg providing Magnesium 30mg **Rosemary Extract** 200mg Rosmarinus officinalis **Lemon Balm Extract** 200mg Melissa officinalis **Ashwagandha Extract** 200mg Withania Somnifera 200mg

L-Theanine from Green Tea **Green Tea Extract** 200mg

**Curcumin Extract 95%** 200mg Cuminol® from Curuma longa rhizome Acetyl-L-Carnitine ALCAR 200mg

**5-HTP 98%** (natural source) 150mg Griffonia Simplicifolia Seed Extract

Vitamin B6 P-5-P 50mg 3,571% Pyridoxal 5'-Phosphate

Pullulan (Capsule; Vegan & Natural Source)

Rice Hulls (Nu-FLOW®)

15mg **Piperine Extract** from Black Pepper (Piper Nigrum)

**Vitamin D3** 1,000iu 25µg 500% Vegan D3 Cholecalciferol

\* Nutrient Reference Value not established

FEEL GOOD



5-HTP Vit B6 D3 Curcumin Rosemary Lemon Balm L-Theanine Green Tea Ashwagandha

**Food Supplement** Non GMO

<sup>+</sup>Ashwagandha Supports **Normal Relaxation** 

Griffonia providing 5-HTP **Supports Normal Brain Activity** 

**Nervous System Function** 

5-HTP is a **Natural Precursor** to Serotonin

**Green Tea Containing Theanine** Helps Calm & Clear the Mind

> Piperine Supports the **Nervous System**

Vitamin B6 Contributes to **Normal Nervous System Function** 

**Directions:** Take 1-3 capsules per day Ideally with breakfast or lunch

GLUTEN FREE & Suitable for Ketogenic Diets

FREE FROM: Dairy, Soy, Egg, Sugar, Wheat Artificial Fillers, Colours & Preservatives

Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied diet & healthy lifestyle. If you are on medication, pregnant or nursing consult a healthcare practitioner before use. Long term intakes of 50mg of Vitamin B6 may lead to mild tingling and numbness

KEEP OUT OF REACH OF CHILDREN

Batch: 1034

Best Before: 15.11.22 Mfd: 16.11.20

Made in England

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- Ashwagandha Supports Normal Relaxation 4194 3713 2183
- Griffonia providing 5-HTP Supports Normal Brain Activity & Nervous System Function 2446
- 5-HTP is a natural precursor to Serotonin (factual)
- Green Tea containing Theanine Calms & Clears the Mind 2005
- Piperine supports the Nervous System 2111
- Vitamins B6 Contributes to Normal Nervous System Function 66

