

PRODUCT INFORMATION:

One tablet typically provides:

		%NRV*
Vitamin C	200mg	250
Thiamin (vitamin B1)	25mg	2273
Riboflavin (vitamin B2)	16.67mg	1191
Niacin (vitamin B3)	25mg NE	156
Vitamin B6	16.67mg	1191
Folic acid	50µg	25
Vitamin B12	50µg	2000
Biotin	25µg	50
Pantothenic acid (vitamin B5)	50mg	833
Siberian ginseng	50mg	
American ginseng extract 4:1	20mg	
Korean ginseng	20mg	

*NRV = Nutrient Reference Value

INGREDIENTS: Lithothamnium calcareum, L-ascorbic acid (vitamin C), calcium-D-pantothenate (vitamin B5), Siberian ginseng powder, cyanocobalamin (vitamin B12), bulking agent: microcrystalline cellulose, thiamin hydrochloride (vitamin B1), nicotinamide (vitamin B3), American ginseng extract, Korean ginseng powder, pyridoxine hydrochloride (vitamin B6), riboflavin (vitamin B2), anti-caking agent: magnesium stearate, zein protein coating, anti-caking agent: silicon dioxide, nicotinic acid (vitamin B3), riboflavin-5-phosphate sodium (vitamin B2), pyridoxal-5-phosphate (vitamin B6), pteroylmonoglutamic acid (folic acid), D-biotin.

No artificial colours, flavours or preservatives.
No yeast, added sugar or salt.

This product has not been tested on animals.

HIGHER NATURE®

HEALTHY LIFESTYLE

ENERGISE

With B vitamins
& ginseng



90 tablets
vegetarian and vegan

ENERGISE

FOOD SUPPLEMENT - 90 TABLETS

- ✓ Biotin, vitamins B1, B2, B3, B5, B6, B12 and C contribute to normal energy production
- ✓ With synergistic ginseng blend

DIRECTIONS: Adults take 1-3 tablets a day with meals. 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: Not advisable if pregnant or breastfeeding. If you are taking any medication or have a medical condition, please consult your healthcare professional before using this product. B vitamins may turn urine bright yellow - this is normal. Long term intakes of this amount of vitamin B6 may lead to mild tingling and numbness.

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

Higher Nature Ltd (UK), 10 Discovery Way,
Horem, East Sussex TN21 0GE, UK
Higher Nature Ltd (EU), Block 1,
Blanchardstown Corporate Park,
Ballycoolen Road, Dublin D15 AKK1, Ireland
[Highernature.com](https://www.Highernature.com)



BVI090 117

BVI-010-01

