Please read ‘Food Supplement Guidelines’ for details on necessary regulatory requirements for labelling.

**FRONT LABEL**

Product Name (Take care not to breach legislation with particular regards to claims)

Food Supplement containing vitamins, minerals, amino acids and botanicals.

Claims (Can appear anywhere on pack). You should include at least one approved health claim on pack as this helps to justify more generic claims such as ‘healthy’.

Zinc & Iron contribute to normal cognitive function.

Vitamin C & Thiamine contribute to normal functioning of the nervous system.

Vitamin C, Thiamine & Folate contribute & normal psychological function.   
Vitamin B12 contributes to normal functioning of the nervous system.

Pantothenic acid contributes to normal mental performance.

You can search for other Nutrition & Health Claims approved for use in the UK here <https://www.gov.uk/government/publications/great-britain-nutrition-and-health-claims-nhc-register?utm_medium=email&utm_campaign=govuk-notifications&utm_source=f8d61ec9-adf6-459d-bdfe-7aa9674beaec&utm_content=weekly>

90 Capsules

**BACK LABEL**

**Directions:**

Adults, take 2 capsules daily, with water & food. Do not exceed recommended intake.

**Product Information:**   
*2 capsules typically provide:*

|  |  |  |
| --- | --- | --- |
|  |  | **% NRV\*** |
| Vitamin E | 8mg a-TE | 67% |
| Vitamin C | 80mg | 100% |
| Vitamin B1 (Thiamin) | 2mg | 182% |
| Folic Acid | 200µg | 100% |
| Vitamin B12 | 2µg | 80% |
| Vitamin B5 (Pantothenic Acid) | 6mg | 100% |
| Iron | 10mg | 71% |
| Zinc | 5mg | 50% |
| Choline Bitartrate *providing Choline* | 300mg  123mg |  |
| Phosphatidyl Serine | 40mg |  |
| L-Carnitine | 100mg |  |
| Trimethylglycine (TMG) | 100mg |  |
| Bacopa | 100mg |  |
| Soy Isoflavone | 100mg |  |
| Alpha Lipoic Acid | 50mg |  |
| L-Tyrosine | 50mg |  |
| L-Theanine | 50mg |  |
| Gingko Biloba | 2000mg whole leaf equivalent  *from extract 40mg* |  |
| Coenzyme Q10 | 29mg |  |
| Black Pepper Extract | 125mg whole fruit  *from extract 5mg* |  |
| Lecithin | 5mg |  |

\*NRV = Nutrient Reference Value

**Ingredients:**

Dl Choline Bitartrate, Capsule Shell: (Hydroxypropyl Methylcellulose, Colour: Red Iron Oxide, Titanium Dioxide), Phosphatidyl Serine (**Soy**), L-Carnitine Tartrate, Betaine (Trimethylglycine), Bacopa Monnieri Leaf Powder, **Soy** Isoflavone from Seed, Vitamin C (as Ascorbic Acid), Alpha Lipoic Acid, L-Tyrosine, L-Theanine, Gingko Biloba Leaf Extract, Iron (as Ferrous Sulphate), Coenzyme Q10, Zinc Glycinate, Vitamin E (as d-Alpha Tocopherol), Black Pepper Extract, Lecithin Granules (**Soy**), Thiamin (as Hydrochloride), Folic Acid, Vitamin B12 (as Cyanocobalamin), Flow Agent: Silicon Dioxide.

**Allergy Advice**: Please see potential allergens marked in **bold** in the ingredients list. Although rigorous precautions are taken to prevent any cross-contamination, this product is manufactured in a facility that handles allergy-based materials.

**Cautions:**

Always consult your health practitioner before taking nutritional supplements, especially if you are taking medication or are under medical supervision. Not recommended for children, pregnant or lactating women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle. Store in a cool, dry & dark place, under 25 degrees, out of reach of children. Not suitable for vegans.

**Best Before:**

For best before end and batch number see base.

Manufactured to the GMP code of practice for:

Name or business name and address of the food business operator.

PLEASE NOTE: If you are selling in/exporting to the EU you will need to include the address details of the Food Business Operator, or Importer, based in the EU. You can have a UK address and an EU address if selling in both territories.

**Please give files following file names:**

Front Label: PL-458$front

Back Label: PL-458$back

**Label size:**

970px x 1655px at 300DPI (that's 84mm x 140mm)