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

For presentation to the UK market

**FRONT LABEL**

Mental Focus Brain Support - Or product name of choice (Take care not to breach legislation with regards to claims)

An advanced blend of specially chosen botanicals, amino acids, vitamins, and minerals to support cognitive function and mental performance.

A selection of EFSA approved health claims available:

Claims (can appear anywhere on pack). You should include at least one approved health claim on the 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 to normal **psychological function**.  
Vitamin B12 contributes to normal functioning of the nervous system.  
Pantothenic acid contributes to normal **mental performance**.  
Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some **neurotransmitters.**   
Vitamin C and Zinc are antioxidants that contribute to the **protection of cells from oxidative stress.**   
Folate which contributes to normal homocysteine metabolism.

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.

Food Supplement

SUITABLE FOR VEGETARIANS & VEGANS

60 Capsules

**BACK LABEL  
  
Directions:**

Adults, take 2 capsules per day with food and water. Do not exceed recommended dose.

**Product Information:**   
*Two capsules typically provide:*

|  |  |  |
| --- | --- | --- |
|  |  | %NRV\* |
| Vitamin D | 65µg | 1300 |
| Vitamin C | 200mg | 250 |
| Thiamine | 1.4mg | 128 |
| Folic Acid | 200µg | 100 |
| Vitamin B12 | 2µg | 80 |
| Pantothenic Acid | 6mg | 100 |
| Magnesium | 56mg | 15 |
| Iron | 10mg | 71 |
| Zinc | 5mg | 50 |
|  |  |  |
| Ginkgo Biloba Extract | 2000mg (whole leaf equivalent) |  |
| Bacopa Monnieri Leaf | 100mg |  |
| Tri-Methyl Glycine | 50mg |  |
| L-Theanine | 50mg |  |
| Alpha Lipoic Acid | 50mg |  |
| Choline Bitartrate | 40mg |  |
| L-Carnitine Tartrate | 40mg |  |
| L-Tyrosine | 30mg |  |
| Coenzyme Q10 | 30mg |  |
| Phosphatidylserine | 20mg |  |
| Black Pepper Extract as Bioperine® | 5mg |  |

\*NRV=Nutrient Reference Value

**Ingredients:**

Capsule Shell: Hydroxypropyl Methylcellulose, Vitamin C (as Ascorbic Acid), Magnesium Citrate, Choline Bitartrate, Bacopa Monnieri Leaf, Betaine Base Anhydrous (Tri-Methyl Glycine), Alpha Lipoic Acid, Ginkgo Biloba Extract, L-Carnitine Tartrate, Sunflower Lecithin, Ferrous Fumarate, L-Tyrosine, Co-Enzyme Q10, Vitamin D Prep (Corn Syrup Solids, Emulsifier: Arabic Gum, Cholecalciferol, Anti-Caking Agent: Silicon Dioxide, Antioxidant: Sodium Ascorbate), Zinc Citrate, Pantothenic Acid (as Calcium Pantothenate), Black Pepper Extract as Bioperine®, Thiamin (as Hydrochloride), Folic Acid as Pteroylmonoglutamic Acid, Vitamin B12 (as Methylcobalamin), Anti-Caking Agents: (Magnesium Stearate, Silicon Dioxide).

**Allergy Advice**: 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.

**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-516$front

Back Label: PL-516$back

**Label size:**

709px x 897px at 600DPI (that's 60mm x 76mm)