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

For presentation to the UK market

**FRONT LABEL**

*formulated for women*

**AquaLiberate**7 (Or own Product Name - take care not to breach legislation with regards to claims)

A combination of botanical ingredients, Magnesium & Vitamin B6

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’.

Vitamin B6 contributes to the regulation of hormonal activity.  
Magnesium contributes to electrolyte balance.  
Vitamin B6 & Magnesium contribute to the reduction of tiredness and fatigue.

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>

Suitable for VEGETARIANS AND VEGANS

Food Supplement

90 Capsules

**BACK LABEL**

**Directions:**

Adults, take 3 capsules per day with water and food.

Do not exceed recommended daily dose.

**Product Information:**

*Typical values per 3 capsules:*

|  |  |  |
| --- | --- | --- |
|  |  | *% NRV\** |
| Vitamin B6 | 36mg | 2571 |
| Magnesium | 89mg | 24 |
| Alfalfa | 255mg |  |
| Ginger | 150mg |  |
| Celery | 120mg |  |
| Montmorency Cherry | 120mg whole cherry equivalent *from 12mg extract* |  |
| Kelp | 120mg |  |
| Parsley | 120mg |  |
| Lemon | 120mg |  |
| Watercress | 120mg |  |

\*NRV = Nutrient Reference Value

**Ingredients:**

Magnesium Citrate, Capsule Shell: HydroxyPropyl Methylcellulose, Alfalfa Herb, Freeze Dried Ginger Powder, **Celery** Seed, Kelp, Parsley Leaf, Watercress Herb, Lemon Juice Powder (Maltodextrin), Vitamin B6 as Pyridoxine Hydrochloride, Montmorency Cherry Extract.

**Allergy Advice**: Please see 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 use by pregnant or breastfeeding women. You should not take supplements as a substitute for a varied balanced diet or healthy lifestyle.

**Storage:**

For best before end and batch number see base.

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

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-266$front

Back Label: PL-266$back

**Label Size**

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