

BRAIN HEALTH

Herbal complex with B vitamins and CoQ10

P230



Brain Health is a specially formulated comprehensive multi-nutrient and herbal complex. This supplement features vitamins B1, B6, folic acid, B12 and co-enzyme Q10. The herbs in the formula are *Bacopa monnieri* and *Ginkgo biloba*. Bacopa has a long history of use in Ayurvedic medicine. L-carnitine is also included.

- Vitamins B1, B6, folic acid and B12 are involved in processes relevant to psychological and cognitive function.
- Co-enzyme Q10 is an important nutrient with antioxidant properties.
- The herbs in the formula are *Bacopa monnieri* and *Ginkgo biloba*. Bacopa has a long history of use in Ayurvedic medicine

Product Information:

60 capsules = 20-60 days supply

Permitted Health Claims:

Please refer to pages 46-53

Suitable for:

Men and women

Form:

Capsule

Brain Health

1 capsule provides on average:

Active Nutrient	Strength	%NRV+
Vitamin B1	5mg	454
Vitamin B6	2mg	143
Vitamin B12	100µg	4000
Folic acid (as methyltetrahydrofolate)	80µg	400
CoQ10	20mg	*
L-Carnitine	100mg	*
<i>Bacopa monnieri</i>	200mg	*
<i>Ginkgo biloba</i> (equivalent to 500mg of herb powder)	100mg	*

+NRV = Nutrient Reference Value
* Indicates no NRV

Ingredients: *Bacopa monnieri*, L-Carnitine, *Ginkgo biloba* extract 5:1, coenzyme Q10 (as ubiquinone), vitamin B12 (as methylcobalamin), vitamin B1 (as thiamine HCl), vitamin B6 (as pyridoxine HCl), folic acid (as 5-methyltetrahydrofolate), dicalcium phosphate, hydroxypropyl methylcellulose (capsule shell).

Suggested Intake: 1-3 capsules a day with food as a food supplement or as directed by a doctor or practitioner.

Allergen Advice: None.

Contraindications: This product is not recommended for children or for pregnant or lactating women.

Storage: Keep cool, dry & out of direct sunlight.

