



HSB.250/2012/V1

† European Community recommended daily allowance

Magnesium ascorbate	200mg	%EC
Providing:		RDA†
Ascorbic acid (Vitamin C) 188mg	235	
Magnesium, 12mg	3	
Pantothenic acid (Vitamin B5)	200mg	3333
Niacin (Vitamin B3 as niacinamide)	50mg	312
Vitamin B6 (pyridoxine HCl)	20mg	1428
Thiamin (Vitamin B1)	20mg	1818
Riboflavin (Vitamin B2)	20mg	1428
Choline bitartrate	20mg	
Inositol	20mg	
PABA (para aminobenzoic acid)	20mg	400
Biotin	200µg	100
Folic acid	200µg	100
Vitamin B12 (cobalamin)	20µg	800
In a base of alfalfa, spirulina and bilberry		
Vegetarian cellulose (HPMC) capsule		
(Hydroxypropylmethyl cellulose)	120mg	

**INGREDIENTS:** one capsule provides:

Directions: As a food supplement, take one to three capsules daily with food, or as directed by your healthcare professional.

**30 VEGETARIAN CAPSULES****viridian**

High Five<sup>®</sup>  
B-Complex  
with  
Magnesium  
Ascorbate

**Purity:** 100% active ingredients. This vegan product is free from gluten, wheat, lactose, added sugar, salt, yeast, preservatives or artificial colourings. Non-irradiated. Against animal testing.

**Charity:** Every Viridian bottle sold helps generate funds for a selection of environmental, children's and other charities.

**Recycling:** Simply return your empty Viridian bottle to the health food store where you bought it and you will receive 25p refund. The health food store will then recycle your bottle.

Thank you.

[www.viridian-nutrition.com](http://www.viridian-nutrition.com)

Made in the UK. Viridian, Cambridgeshire, PE17 4BH, UK.

Store in a cool dry place out of sight and reach of children.

Do not exceed stated dose unless recommended by your health practitioner. This is a food supplement. Not to be used as a substitute for a varied diet.

**Vitamin C with B complex vitamins. 30 capsules.**

BATCH NO:

BEST BEFORE END:

**CHARITY DONATION WITH EVERY PURCHASE • THANK YOU • CHARITY DONATION WITH EVERY PURCHASE**