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Manufactured in the UK using non-UK ingredients:
BrighterLife Health Ltd., 80-83 Long Lane, London, EC1A 9ET

Product Information:

4 capsules typically provide:	%NRV*
Vitamin B6 (mg)	15 107
Chromium (µg)	100 250
Myo-inositol (mg)	2000 **
Alpha Lipoic Acid (ALA) (mg)	150 **
White Kidney Bean (<i>Phaseolus vulgaris</i>) Extract 20:1 (mg) (equivalent to 250mg of White Kidney Bean)	12.5 **
Green Coffee Bean Extract (mg)	83 **
Providing; Chlorogenic Acid (mg)	41 **
Kelp (<i>Ascophyllum nodosum</i>) (mg)	80 **
Cinnamon (<i>Cinnamomum zeylanicum</i>) bark (mg)	300 **
Cayenne Pepper (<i>Capsicum sp</i>) Extract 8:1 (equivalent to 40mg of Cayenne Pepper)	5 **

*NRV= Nutrient Reference Value
** NRV Not established

Directions for use: Adults take 2 capsules in the morning and 2 capsules in the evening with meals (4 capsules daily) or as your health practitioner advises. Do not exceed the recommended daily intake. Suitable for vegetarians and vegans.

Ingredients:

Myo-Inositol, Capsule Shell (Hydroxypropyl Methyl-cellulose), Cinnamon (*Cinnamomum zeylanicum*) Bark Powder, Brown Rice Flour, Alpha Lipoic Acid (ALA), Green Coffee Bean Extract, Kelp (*Ascophyllum nodosum*) Powder, White Kidney Bean Extract 20:1, Cayenne Pepper (*Capsicum sp*) Extract 8:1 (mg), Vitamin B6 (Pyridoxine Hydrochloride), Chromium Picolinate.

^ Chromium contributes to normal macro-nutrient metabolism

^ Vitamin B6 contributes to the regulation of hormonal activity

Storage: Store in original packaging, in a cool dry place protected from light. Keep out of sight and reach of young children. For best before end see lid or base.

Caution: Consult your doctor before taking this product, especially if you are pregnant or breast feeding, if taking medication or if you have an existing medical condition. Not recommended for children. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

METABOLISM[^]

MYO-INOSITOL
COMPLEX
FOOD SUPPLEMENT

120 Capsules

MyOva