



Ingredients and Allergy Information

Date of last review:	30/06/2023	Version No.:	001
----------------------	------------	--------------	-----

John Lewis Stock Number	46579603
Name	MPowder Mood Food
Ingredients	Turmeric Root Extract providing 95% Curcuminoids, Magnesium Bisglycinate, Vegetable cellulose (capsule shell), Organic KSM-66® Ashwagandha Root Extract, Lemon Balm Leaf Extract 4:1, Bacopa Monnieri (Brahmi) Leaf Extract 12:1, Zinc Picolinate, Pantothenic Acid (Vitamin B5), Black Pepper Extract providing 95% Piperine, Niacin (Vitamin B3), Manganese Citrate, Vitamin B6 (Pyridoxal-5-phosphate), Riboflavin (Vitamin B2), Thiamin (Vitamin B1), Copper Bisglycinate, Chromium Picolinate, Folate (L-5-methyltetrahydrofolate), D-biotin, Vitamin B12 (Methylcobalamin).
For allergens, see ingredients in bold	
May contain statements	n/a
Net Quantity	65g
Country of Origin	UK
Storage Instructions	Store in a cool dry place out of the reach of children. No need to refrigerate. For Best Before End Date see below.
Manufacturer's name and address	NutraDirect: Unit D Medway Valley Park, Norman Close, Rochester, Kent, ME2 2JU, United Kingdom Nutraceuticals: The Old Smithy, 7 High Street, Merstham, Surrey, RH1 3BA, UK
Instructions for use	Take up to 3 capsules daily, ideally in the morning
Nutrition Labelling: Typical value	Per 100g
Energy (kJ/kcal)	1362kJ/323kCal
Fat	2.0g
Of which saturated	1.4g
Carbohydrate	60 g
Of which sugars	2.3g
Fibre	13g
Protein	23g

Salt	0.56g
Alcoholic Strength	N/A
Suitable for vegetarians	YES
Suitable for vegans	YES
Suitable for nut allergy sufferers	YES
Suitable for gluten allergy sufferers	YES
Suitable to wheat allergy sufferers	YES
Suitable for egg allergy sufferers	YES
Suitable for dairy allergy sufferers	YES
Suitable for soya allergy sufferers	YES
Free from alcohol	YES
Free from artificial flavours	YES
Free from artificial colours	YES