

PRODUCT INFORMATION:

Three tablets typically provide:

	%NRV*		%NRV*
Vitamin D (300iu)	7.5µg 150	Calcium	519mg 65
Vitamin E (90iu)	60mg α-TE 500	Magnesium	225mg 60
Vitamin K	90µg 120	Iron	5mg 36
Vitamin C	322mg 403	Zinc	15mg 150
Thiamin (vitamin B1)	50mg 4545	Manganese	3.9mg 195
Riboflavin (vitamin B2)	50mg 3571	Selenium	45µg 82
Niacin (vitamin B3)	90mg NE 563	Chromium	45µg 113
Vitamin B6	9.9mg 707	Iodine	45µg 30
Folic acid	405µg 203	Beta-carotene	4.5mg
Vitamin B12	15µg 600	Boron	1.5mg
Biotin	75µg 150	Choline	30mg
Pantothenic acid (vitamin B5)	75mg 1250	Inositol	30mg

*NRV = Nutrient Reference Value

INGREDIENTS: Natural lithothamnion calcarea, bulking agent: microcrystalline cellulose; magnesium citrate, calcium ascorbate (bulking agent: hydroxypropyl methylcellulose), magnesium oxide, calcium citrate, magnesium ascorbate, calcium pantothenate, enzyme pre-digested iron fermented with *Saccharomyces cerevisiae* (with **soya**), nicotinamide, natural kelp powder†, thiamine hydrochloride, d-alpha tocopheryl succinate, choline bitartrate, coating: hydroxypropyl methylcellulose (glycerine); riboflavin, zinc citrate, anti-caking agent: stearic acid; anti-caking agent; silicon dioxide, inositol, anti-caking agent: magnesium stearate; beta-carotene (antioxidant: dl-alpha tocopherol), manganese citrate, pyridoxine HCl, sodium borate, biotin, ergocalciferol prep., l- selenomethionine, folic acid, cyanocobalamin, vitamin K1 (stabiliser: sucrose), chromium picolinate, copper citrate. †May contain naturally occurring fish and crustacea. (Allergens in **bold**)

This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE

MUM-2-BE

Multivitamins,
minerals &
folic acid



90 tablets
vegetarian and vegan

MUM-2-BE FOOD SUPPLEMENT - 90 TABLETS

- ✓ Folic acid contributes to maternal tissue growth during pregnancy
- ✓ Formulated to provide essential nutrients important for the health of both the mum-to-be and her unborn child
- ✓ The department of health advises women, both when planning and during pregnancy, to take a 400µg folic acid supplement daily

DIRECTIONS: Pregnant women take 3 tablets a day, 1 with each meal. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, wheat.

WARNING: This level of folic acid should only be taken for short periods, unless pregnant or planning pregnancy. B vitamins may turn urine bright yellow - this is normal.

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

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