

5 033290 173302



BioCare® Ltd
1 Hedera Road
Ravensbank Business Park
Redditch B98 9EY
United Kingdom
T: 0121 433 3727
www.biocare.co.uk
Code: 17330 V5.0

Directions: 1 capsule taken daily with food, or as professionally directed.

This product should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the stated recommended daily intake. Do not purchase if the seal is broken. Keep out of reach of children. If you are under medical supervision, please consult a doctor before use. Long term intake of amounts greater than 10mg of vitamin B6 may lead to mild tingling and numbness. Store in a cool, dry place. For best before and batch, see base.

Vegetarian & vegan

Vitamins B2, B3 B6, B12 contribute to a reduction in tiredness & fatigue & normal functioning of the nervous system. Vitamin B6 contributes to the regulation of hormonal activity.

BioCare®



B Complex

B vitamins for energy,
nervous & hormone support

30 vegetable capsules
Food supplement

Product information per daily intake: 1 capsule

		%EC NRV*
Vitamin C	40mg	50
Vitamin B1	50mg	4545
Vitamin B2	50mg	3571
Niacin (B3)	50mg NE	313
Vitamin B6	50mg	3571
Folic Acid	400µg	200
Vitamin B12	50µg	2000
Biotin	200µg	400
Pantothenic Acid (B5)	50mg	833
Magnesium	9.5mg	3
Choline Bitartrate	30mg	-
Inositol	30mg	-
L-Glycine	30mg	-
PABA	30mg	-

*NRV = Nutrient Reference Value NE = Niacin Equivalent

Ingredients: Magnesium Gluconate, Capsule Shell (Hydroxypropyl Methylcellulose), Vitamin B6 (Pyridoxal-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Pantothenic Acid (Calcium Pantothenate), Vitamin B2 (Riboflavin), Niacin (Nicotinamide), Vitamin C (Magnesium Ascorbate), Choline Bitartrate, Inositol, L-Glycine, Para Amino Benzoic Acid, Anti-Caking Agents (Silicon Dioxide & Magnesium Stearate), Biotin, Folic Acid, Vitamin B12 (Hydroxycobalamin).