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Code 24690 v5.08

Directions: 3 capsules taken daily with food, 2 at breakfast, 1 at lunch, 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. Not suitable for use during pregnancy, planned pregnancy or breastfeeding. If you are taking anti-coagulant medication, do not take this product except on the advice of a doctor. Long term intake of amounts greater than 10mg of vitamin B6 daily may lead to mild tingling and numbness. This product contains iron, which, if taken in excess, may be harmful to young children. Keep out of sight and reach of children. Store in a cool, dry place. For best before and batch, see base. **Vegetarian & vegan**

*Vitamin B6 contributes to the regulation of normal hormone activity, zinc contributes to normal fertility and reproduction and maintenance of normal skin, hair and nails.

BioCare®



Female Multinutrient

For women's health and hormone balance*

90 vegetable capsules
Food supplement

Product information per daily intake: 3 capsules

		%EC NRV*			%EC NRV*
Vitamin A 2500iu	750µg RE†	94	Magnesium	100mg	27
Vitamin D3 1000iu	25µg	500	Iron	15mg	107
Vitamin E 30iu	20mg α-TE‡	167	Zinc	15mg	150
Vitamin K2	100µg	133	Copper	250µg	25
Vitamin C	250mg	313	Manganese	1mg	50
Vitamin B1	25mg	2273	Selenium	100µg	182
Vitamin B2	25mg	1786	Chromium	200µg	500
Niacin (B3)	50mg NE§	313	Molybdenum	200µg	400
Vitamin B6	50mg	3570	Iodine	200µg	133
Folate	400µg	200	Choline	50mg	-
(Methylfolate)			Green Tea Extract 101	20mg	-
Vitamin B12	400µg	16000	(equivalent 200mg)		
(Methyl B12)			Inositol	10mg	-
Biotin	1020µg	2040	PABA	10mg	-
Pantothenic Acid	50mg	833	Rosemary Extract 101	5mg	-
(B5)			(equivalent 50mg)		
			Boron	1mg	-

*NRV = Nutrient Reference Value

†RE = Retinol Equivalent

‡α-TE = Alpha Tocopherol Equivalent

§NE = Niacin Equivalent

For further information peel here



Ingredients:

Magnesium Citrate, Vitamin C (Magnesium Ascorbate), Capsule Shell (Hydroxypropyl Methylcellulose), Choline Bitartrate, Vitamin B6 (Pyridoxal-5-Phosphate), Pantothenic Acid (Calcium Pantothenate), Niacin (Nicotinamide), Vitamin B12 (Methylcobalamin), Iron Citrate, Zinc Citrate, Vitamin B2 (Riboflavin-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Vitamin E (D-Alpha Tocopheryl Succinate), L-Selenomethionine, Green Tea Extract (*Camellia sinensis* Leaf), Vitamin D3 (Cholecalciferol), Vitamin K2 (Menaquinone-7), Inositol, Para Amino Benzoic Acid, Vitamin A (Retinyl Acetate), Manganese Gluconate, Sodium Borate, Rosemary Leaf Extract (*Rosmarinus officinalis* Leaf), Chromium Picolinate, Biotin, Folate [(6S)-5-Methyltetrahydrofolic acid glucosamine salt], Copper Citrate, Sodium Molybdate, Potassium Iodide.

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