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 Code 24890 v5.04

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. 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, the reduction of tiredness and fatigue. Vitamin K2 contributes to the maintenance of normal bones.

BioCare®



Menopause Multinutrient

For women's health during
and after menopause*

90 vegetable capsules
Food supplement

Product information per daily intake: 3 capsules

	NEC	NRV*		SEC	NRV*
Vitamin A 2500i	750µg RE	94	Calcium	75mg	9
Vitamin D3 1000i	25µg	500	Magnesium	75mg	20
Vitamin E 100i	67mg α-TE	558	Zinc	20mg	200
Vitamin K2	100µg	133	Copper	500µg	50
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	3571	Iodine	200µg	133
Folate	400µg	200	Choline	50mg	-
(Methylfolate)			Inositol	10mg	-
Vitamin B12	400µg	16000	PABA	10mg	-
(Methyl B12)			Green Tea Extract 10:1	20mg	-
Biotin	1020µg	2040	(equivalent 200mg)		
Pantothenic Acid	50mg	833	Lycopene	3mg	-
(B5)			Boron	1mg	-

*NRV = Nutrient Reference Value
 RE = Retinol Equivalent

*α-TE = Alpha Tocopherol Equivalent
 NE = Niacin Equivalent

For further information peel here



Ingredients:

Calcium Citrate, Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Citrate, Vitamin C (Magnesium Ascorbate), Choline Bitartrate, Vitamin B6 (Pyridoxal-5-Phosphate), Vitamin E (D-Alpha Tocopheryl Succinate), Zinc Citrate, Pantothenic Acid (Calcium Pantothenate), Niacin (Nicotinamide), Vitamin B12 (Methylcobalamin), Vitamin B2 (Riboflavin-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Lycopene (Tomato Extract), 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, Chromium Picolinate, Copper Citrate, Biotin, Folate [(6S)-5-Methyltetrahydrofolic acid glucosamine salt], Sodium Molybdate, Potassium Iodide.

Code 24890 v5.08