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**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 daily may lead to mild tingling and numbness. Store in a cool, dry place. For best before and batch, see base.

**Vegetarian and vegan**

\*Folate and vitamin B12 contribute to the reduction of tiredness and fatigue and normal function of the nervous system.

# BioCare<sup>®</sup>



## Methyl B Complex

With methylfolate and methyl B12 for energy and nervous support\*

60 vegetable capsules  
Food supplement

### Product information per daily intake: 1 capsule

|                |                      | %EC NRV* |             |       | %EC NRV* |
|----------------|----------------------|----------|-------------|-------|----------|
| Vitamin B1     | 25mg                 | 2273     | Biotin      | 200µg | 400      |
| Vitamin B2     | 25mg                 | 1786     | Pantothenic |       |          |
| Niacin (B3)    | 25mg NE <sup>†</sup> | 156      | Acid (B5)   | 25mg  | 417      |
| Vitamin B6     | 25mg                 | 1786     | Choline     | 25mg  | -        |
| Folate         | 250µg                | 125      | Inositol    | 25mg  | -        |
| (Methylfolate) |                      |          | PABA        | 25mg  | -        |
| Vitamin B12    | 250µg                | 10000    |             |       |          |

\*NRV = Nutrient Reference Value

<sup>†</sup>NE = Niacin Equivalent

### Ingredients:

Capsule Shell (Hydroxypropyl Methylcellulose), Vitamin B6 (Pyridoxal-5-Phosphate), Vitamin B2 (Riboflavin-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Pantothenic Acid (Calcium Pantothenate), Inositol, Choline Bitartrate, Niacin (Nicotinamide), Para Amino Benzoic Acid, Vitamin B12 (Adenosylcobalamin & Methylcobalamin), Folate (Calcium L-methylfolate), Anti-Caking Agents (Silicon Dioxide & Magnesium Stearate), Biotin.