

Directions: 2 capsules taken daily with food, 1 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. 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

*Zinc contributes to normal fertility and folate contributes to maternal tissue growth during pregnancy.

BioCare®



Methyl Pregnancy Multinutrient

For conception, pregnancy and breastfeeding*

60 vegetable capsules
Food supplement

Product information per daily intake: 2 capsules

		%EC NRV*			%EC NRV*
Vitamin D3 1000iu	25µg	500	Calcium	50mg	6
Vitamin E 50iu	33mg α-TE†	275	Magnesium	50mg	13
Vitamin K1 & K2	50µg	67	Iron	25mg	179
Vitamin C	200mg	250	Zinc	15mg	150
Vitamin B1	1.4mg	127	Copper	100µg	10
Vitamin B2	1.4mg	100	Manganese	0.1mg	5
Niacin (B3)	10mg NE‡	63	Selenium	60µg	109
Vitamin B6	20mg	1429	Chromium	30µg	75
Folate (Methylfolate)	400µg	200	Molybdenum	50µg	100
Vitamin B12 (Methyl B12)	250µg	10000	Iodine	220µg	147
Biotin	50µg	100	Choline	50mg	-
Pantothenic acid (B5)	6mg	100	Beta Carotene (500µg retinol equivalent)	3mg	-
			Lutein	3mg	-
			Boron	1mg	-

*NRV = Nutrient Reference Value

†α-TE = Alpha Tocopherol Equivalent

‡NE = Niacin Equivalent

Ingredients:

Vitamin C (Magnesium Ascorbate), Calcium Citrate, Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Citrate, Choline Bitartrate, Iron Citrate, Rice Extract Blend, Zinc Citrate, Vitamin E (D-Alpha Tocopheryl Succinate), Vitamin B6 (Pyridoxal-5-Phosphate), Vitamin B12 (Methylcobalamin), Beta Carotene, Lutein (*Tagetes erecta* Flower), L-Selenomethionine, Vitamin D3 (Cholecalciferol), Niacin (Nicotinamide), Pantothenic Acid (Calcium Pantothenate), Sodium Borate, Vitamin K2 (Menaquinone-7), Vitamin B2 (Riboflavin-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Manganese Gluconate, Vitamin K1, Folate (Calcium L-methylfolate), Potassium Iodide, Copper Citrate, Chromium Picolinate, Sodium Molybdate, Biotin.

Code 31260 v5.18

For further information peel here

