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 Code: 20430 V5.0

Directions: 1 capsule taken daily with food, or as professionally directed. Do not open capsule.

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. Store in a cool, dry place. For best before and batch, see base.

Vegetarian & vegan

Magnesium contributes to normal energy-yielding metabolism. **Selenium** contributes to normal function of the immune system & **zinc** contributes to the maintenance of normal skin.

BioCare[®]



Mineral Complex

Magnesium, zinc & selenium for energy, immune & skin support

30 vegetable capsules
 Food supplement

Product information per daily intake: 1 capsule

		%EC NRV*
Magnesium	90mg	24
Zinc	15mg	150
Copper	200µg	20
Manganese	3mg	150
Selenium	100µg	182
Chromium	100µg	250
Molybdenum	150µg	300
Boron	300µg	-

*NRV = Nutrient Reference Value

Ingredients: Magnesium Citrate, Bulking Agent (Microcrystalline Cellulose), Capsule Shell (Hydroxypropyl Methylcellulose), Zinc Citrate, Manganese Gluconate, Dicalcium Phosphate, Anti-Caking Agents (Ascorbyl Palmitate & Silicon Dioxide), Sodium Borate, Copper Gluconate, Chromium Picolinate, Sodium Molybdate, L-Selenomethionine.