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Code: 14630 v5.0

BioCare® Ltd
1 Hedera Road
Ravensbank Business
Park Redditch B98 9EY
United Kingdom
T: 0121 433 3727
www.biocare.co.uk

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

Vegetarian & vegan

Vitamin B12 contributes to normal energy-yielding metabolism, the reduction of tiredness & fatigue & normal functioning of the nervous system.

BioCare®

Vitamin B12

Vitamin B12 as hydroxycobalamin for energy & nervous support

30 vegetable capsules
Food supplement

Product information per daily intake: 1 capsule

		%EC NRV*
Vitamin B12	500µg	20000

*NRV = Nutrient Reference Value

Ingredients:
Bulking Agent (Cellulose), Capsule Shell (Hydroxypropyl Methylcellulose), Anti-Caking Agents (Silicon Dioxide & Magnesium Stearate), Vitamin B12 (Hydroxycobalamin).