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

Vegetarian & vegan

Vitamin B3 contributes to normal energy-yielding metabolism, the reduction of tiredness & fatigue & normal psychological function.

BioCare[®]



Vitamin B3

Non-flushing vitamin B3 as niacin for energy, mental health & wellbeing

30 vegetable capsules
Food supplement

**Product information per daily intake:
1 capsule**

		%EC NRV*
Niacin (B3)	100mg NE	625

*NRV = Nutrient Reference Value

NE = Niacin Equivalent

Ingredients:

Bulking Agent (Cellulose), Niacin (Nicotinamide), Capsule Shell (Hydroxypropyl Methylcellulose), Anti-Caking Agent (Magnesium Stearate).