

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

**Vegetarian & vegan**

**Vitamins B2, B3 B6, B12 contribute to a reduction in tiredness & fatigue & normal functioning of the nervous system.**  
**Vitamin B6 contributes to the regulation of hormonal activity.**

# BioCare®



## B Complex

B vitamins for energy,  
nervous & hormone support

30 vegetable capsules  
Food supplement

### Product information per daily intake: 1 capsule

|                       |         | %EC NRV* |
|-----------------------|---------|----------|
| Vitamin C             | 40mg    | 50       |
| Vitamin B1            | 50mg    | 4545     |
| Vitamin B2            | 50mg    | 3571     |
| Niacin (B3)           | 50mg NE | 313      |
| Vitamin B6            | 50mg    | 3571     |
| Folic Acid            | 400µg   | 200      |
| Vitamin B12           | 50µg    | 2000     |
| Biotin                | 200µg   | 400      |
| Pantothenic Acid (B5) | 50mg    | 833      |
| Magnesium             | 9.5mg   | 3        |
| Choline Bitartrate    | 30mg    | -        |
| Inositol              | 30mg    | -        |
| L-Glycine             | 30mg    | -        |
| PABA                  | 30mg    | -        |

\*NRV = Nutrient Reference Value    NE = Niacin Equivalent

**Ingredients:** Magnesium Gluconate, Capsule Shell (Hydroxypropyl Methylcellulose), Vitamin B6 (Pyridoxal-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Pantothenic Acid (Calcium Pantothenate), Vitamin B2 (Riboflavin), Niacin (Nicotinamide), Vitamin C (Magnesium Ascorbate), Choline Bitartrate, Inositol, L-Glycine, Para Amino Benzoic Acid, Anti-Caking Agents (Silicon Dioxide & Magnesium Stearate), Biotin, Folic Acid, Vitamin B12 (Hydroxycobalamin).

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