

# BioCare®



## Methyl B Complex

With methylfolate and methyl B12 for energy and nervous support

60 vegetable capsules  
Food supplement

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

**Vegetarian & vegan**

**Folate and vitamin B12 contribute to the reduction of tiredness and fatigue and normal function of the nervous system.**

### Product information per daily intake: 1 capsule

	%EC NRV*		%EC NRV*	
Vitamin B1	25mg	2273	Biotin	200µg 400
Vitamin B2	25mg	1786	Pantothenic	
Niacin (B3)	25mg NE <sup>†</sup>	156	Acid (B5)	25mg 417
Vitamin B6	25mg	1786	Choline	25mg -
Folate	250µg	125	Inositol	25mg -
Vitamin B12	250µg	10000	PABA	25mg -

\*NRV=Nutrient Reference Value

<sup>†</sup>NE = Niacin Equivalent

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



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UK - BioCare Ltd  
1 Hedera Road, Redditch  
B98 9EY, UK  
T: +44 (0)121 433 3727  
www.biocare.co.uk

EU - BioCare Ltd  
Singel 250, 1016 AB  
Amsterdam, NL