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**Directions:** 2 capsules taken daily with food, 1 at breakfast, 1 at lunch, 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. This product contains iron, which, if taken in excess, may be harmful to young children. Keep out of sight and reach of children. Store in a cool, dry place. For best before and batch, see base.

**Vegetarian & vegan**

**Zinc contributes to normal fertility and folate contributes to maternal tissue growth during pregnancy.**

**BioCare®**



## Methyl Pregnancy Multinutrient

Multivitamin for conception, pregnancy & breastfeeding

60 vegetable capsules  
Food supplement

### Product information per daily intake: 2 capsules

|                          |            | %EC NRV* |                                          |       | %EC NRV* |
|--------------------------|------------|----------|------------------------------------------|-------|----------|
| Vitamin D3 1000iu        | 25µg       | 500      | Calcium                                  | 50mg  | 6        |
| Vitamin E 50iu           | 33mg α-TE† | 275      | Magnesium                                | 50mg  | 13       |
| Vitamin K1 & K2          | 50µg       | 67       | Iron                                     | 25mg  | 179      |
| Vitamin C                | 200mg      | 250      | Zinc                                     | 15mg  | 150      |
| Vitamin B1               | 14mg       | 127      | Copper                                   | 100µg | 10       |
| Vitamin B2               | 14mg       | 100      | Manganese                                | 0.1mg | 5        |
| Niacin (B3)              | 10mg NE‡   | 63       | Selenium                                 | 60µg  | 109      |
| Vitamin B6               | 20mg       | 1429     | Chromium                                 | 30µg  | 75       |
| Folate (Methylfolate)    | 400µg      | 200      | Molybdenum                               | 50µg  | 100      |
| Vitamin B12 (Methyl B12) | 250µg      | 10000    | Iodine                                   | 220µg | 147      |
| Biotin                   | 50µg       | 100      | Choline                                  | 50mg  | -        |
| Pantothenic acid (B5)    | 6mg        | 100      | Beta Carotene (500µg retinol equivalent) | 3mg   | -        |
|                          |            |          | Lutein                                   | 3mg   | -        |
|                          |            |          | Boron                                    | 1mg   | -        |

\*NRV = Nutrient Reference Value

†α-TE = Alpha Tocopherol Equivalent

‡NE = Niacin Equivalent

### Ingredients:

Vitamin C (Magnesium Ascorbate), Calcium Citrate, Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Citrate, Choline Bitartrate, Iron Citrate, Rice Extract Blend, Zinc Citrate, Vitamin E (D-Alpha Tocopheryl Succinate), Vitamin B6 (Pyridoxal-5-Phosphate), Vitamin B12 (Methylcobalamin), Beta Carotene, Lutein (Tagetes erecta Flower), L-Selenomethionine, Vitamin D3 (Cholecalciferol), Niacin (Nicotinamide), Pantothenic Acid (Calcium Pantothenate), Sodium Borate, Vitamin K2 (Menaquinone-7), Vitamin B2 (Riboflavin-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Manganese Gluconate, Vitamin K1, Folate (Calcium L-methylfolate), Potassium Iodide, Copper Citrate, Chromium Picolinate, Sodium Molybdate, Biotin.

Code: 31260 v5.28

For further information peel here

