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Directions: 1 capsule taken with a main meal, up to a maximum of 3 per day, 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. Not suitable for use during planned pregnancy, pregnancy or breastfeeding. Store in a cool, dry place. For best before and batch, see base.

Vegetarian & vegan

Chromium supports the maintenance of normal blood glucose levels. Vitamins B2, B6 and niacin contribute to the reduction of tiredness and fatigue and normal energy-yielding metabolism.

BioCare®



Glucocomplex

Chromium & B vitamins for blood glucose & energy support with manganese & myo-inositol

90 vegetable capsules
Food supplement

Product information per daily intake:

1 capsule

		%EC NRV*
Vitamin B1	10mg	909
Vitamin B2	10mg	714
Niacin (B3)	25mg NE†	156
Vitamin B6	10mg	714
Biotin	1000µg	2000
Pantothenic Acid (B5)	10mg	167
Magnesium	33mg	9
Manganese	1mg	50
Chromium	200µg	500
Myo-Inositol	200mg	-
Alpha Lipoic Acid	25mg	-

*NRV = Nutrient Reference Value †NE = Niacin Equivalent

Ingredients: Magnesium Citrate, Myo-Inositol, Capsule Shell (Hydroxypropyl Methylcellulose), Alpha Lipoic Acid, Niacin (Nicotinamide), Bulking Agent (Cellulose), Vitamin B6 (Pyridoxal-5-Phosphate), Vitamin B2 (Riboflavin-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Pantothenic Acid (Calcium Pantothenate), Manganese Gluconate, Antioxidant (Ascorbyl Palmitate), Rice Hull, Chromium Picolinate, Biotin.