

**Directions:** 3 capsules taken daily with food, 2 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. Not suitable for use during pregnancy, planned pregnancy or breastfeeding. If you are taking anti-coagulant medication, do not take this product except on the advice of a doctor. 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**

Vitamin B6 contributes to the regulation of normal hormone activity, zinc contributes to normal fertility and reproduction and maintenance of normal skin, hair and nails.

# BioCare®



## Female Multinutrient

Multivitamin for women's health & hormone balance

90 vegetable capsules  
Food supplement

### Product information per daily intake: 3 capsules

		%EC NRV*		%EC NRV*
Vitamin A 2500iu	750µg RE <sup>†</sup>	94	Magnesium	100mg 27
Vitamin D3 1000iu	25µg	500	Iron	15mg 107
Vitamin E 30iu	20mg α-TE <sup>‡</sup>	167	Zinc	15mg 150
Vitamin K2	100µg	133	Copper	250µg 25
Vitamin C	250mg	313	Manganese	1mg 50
Vitamin B1	25mg	2273	Selenium	100µg 182
Vitamin B2	25mg	1786	Chromium	200µg 500
Niacin (B3)	50mg NE <sup>§</sup>	313	Molybdenum	200µg 400
Vitamin B6	50mg	3570	Iodine	200µg 133
Folate (Methylfolate)	400µg	200	Choline	50mg -
Vitamin B12 (Methyl B12)	400µg	16000	Green Tea Extract 10:1 (equivalent 200mg)	20mg -
Biotin	1020µg	2040	Inositol	10mg -
Pantothenic Acid (B5)	50mg	833	PABA	10mg -
			Rosemary Extract 10:1 (equivalent 50mg)	5mg -
			Boron	1mg -

\*NRV = Nutrient Reference Value

<sup>†</sup>RE = Retinol Equivalent

<sup>‡</sup>α-TE = Alpha Tocopherol Equivalent

<sup>§</sup>NE = Niacin Equivalent

For further information peel here



### Ingredients:

Magnesium Citrate, Vitamin C (Magnesium Ascorbate), Capsule Shell (Hydroxypropyl Methylcellulose), Choline Bitartrate, Vitamin B6 (Pyridoxal-5-Phosphate), Pantothenic Acid (Calcium Pantothenate), Niacin (Nicotinamide), Vitamin B12 (Methylcobalamin), Iron Citrate, Zinc Citrate, Vitamin B2 (Riboflavin-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Vitamin E (D-Alpha Tocopheryl Succinate), L-Selenomethionine, Green Tea Extract (*Camellia sinensis* Leaf), Vitamin D3 (Cholecalciferol), Vitamin K2 (Menaquinone-7), Inositol, Para Amino Benzoic Acid, Vitamin A (Retinyl Acetate), Manganese Gluconate, Sodium Borate, Rosemary Leaf Extract (*Rosmarinus officinalis* Leaf), Chromium Picolinate, Biotin, Folate (Calcium L-methylfolate), Copper Citrate, Sodium Molybdate, Potassium Iodide.



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