

**Directions:** 1 rounded 5ml teaspoon (approx. 5 grams), or as professionally directed, stirred directly into water or blended into a smoothie. Take daily with food.

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. This product contains iron, which, if taken in excess, may be harmful to very young children. 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. Long term intake of amounts greater than 10mg of vitamin B6 daily may lead to mild tingling and numbness. Excessive consumption may produce laxative effects. Store in a cool, dry place. For best before and batch, see base.

**Vegetarian & vegan**

**Vitamins C, B6 & B12 support energy-yielding metabolism and normal functioning of the immune and nervous systems. Pantothenic acid contributes to normal mental performance.**

**BioCare®**



**Multi NutriPowder®**

Multivitamin for all-round support, including energy, immunity & mental health & wellbeing

150g powder  
Food supplement with sweetener

**Product information per daily intake: 5 grams**

		%EC NRV*		%EC NRV*
Vitamin A 2000iu	600µg RE <sup>†</sup>	75	Bilberry Extract 4:1 (equivalent 1200mg Bilberries)	300mg -
Vitamin D3 1000iu	25µg	500	Choline	25mg -
Vitamin E 30iu	20mg α-TE <sup>**</sup>	167	Inositol	25mg -
Vitamin C	1000mg	1250	Grapeseed Extract	5mg -
Vitamin B1	10mg	909	PABA	5mg -
Vitamin B2	10mg	714	Natural Mixed Carotenoids	1mg -
Niacin (B3)	10mg NE <sup>††</sup>	63	Typical Composition:	
Vitamin B6	25mg	1786	0.49mg Beta Carotene,	
Folate (Methylfolate)	100µg	50	0.2mg Alpha Carotene,	
Vitamin B12 (Methyl B12)	100µg	4000	0.2mg Lutein,	
Pantothenic Acid (B5)	25mg	417	0.1mg Lycopene,	
Calcium	75mg	9	0.01mg Zeaxanthin	
Magnesium	100mg	27		
Iron	7.5mg	54		
Zinc	10mg	100		
Copper	250µg	25		
Manganese	1mg	50		
Selenium	100µg	182		
Chromium	100µg	250		
Molybdenum	100µg	200		
Iodine	200µg	133		

\*NRV = Nutrient Reference Value  
†RE = Retinol Equivalent  
\*\*a-TE = Alpha Tocopherol Equivalent  
†NE = Niacin Equivalent

For further information peel here



**Ingredients:** Sweeteners (Xylitol & Steviol Glycosides), Vitamin C (Magnesium Ascorbate), Calcium Citrate, Bilberry Powder Extract (*Vaccinium myrtillus* Fruit), Magnesium Citrate, Citric Acid, Natural Flavourings (Apple & Blackcurrant), Ferrous Gluconate, Choline Bitartrate, Vitamin B6 (Pyridoxal-5-Phosphate), Zinc Citrate, Pantothenic Acid (Calcium Pantothenate), Inositol, Vitamin E (D-Alpha Tocopheryl Succinate), L-Selenomethionine, Natural Mixed Carotenoids, Vitamin B1 (Thiamine Mononitrate), Vitamin D3 (Cholecalciferol), Vitamin B2 (Riboflavin), Niacin (Nicotinamide), Vitamin B12 (Methylcobalamin), Chromium Picolinate, Sodium Molybdate, Manganese Gluconate, Vitamin A (Retinyl Acetate), Para Amino Benzoic Acid (PABA), Grapeseed Extract (*Vitis vinifera* Seed Vitaflavan®), Potassium Iodide, Copper Citrate, Folate (Calcium L-methylfolate).

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