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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. Store in a cool, dry place. Long term intake of amounts greater than 10mg of vitamin B6 daily may lead to mild tingling and numbness. For best before and batch, see base.

Vegetarian & vegan

Vitamin B6 contributes to normal energy-yielding metabolism & the regulation of hormonal activity. Magnesium contributes to normal psychological function & zinc contributes to normal cognitive function.

BioCare®



P-5-P Complex

Vitamin B6, magnesium & zinc for energy, hormone & mental health & cognition support

60 vegetable capsules
Food supplement

Product information per daily intake: 1 capsule

		%ECNRV*
Vitamin B2	20mg	1429
Vitamin B6	50mg	3571
Magnesium	100mg	27
Zinc	14mg	137

*NRV = Nutrient Reference Value

Ingredients:

Magnesium Citrate, Capsule Shell (Hydroxypropyl Methylcellulose), Vitamin B6 (Pyridoxal-5-Phosphate), Zinc Citrate, Vitamin B2 (Riboflavin), Anti-Caking Agents (Silicon Dioxide & Magnesium Stearate).