

PRODUCT INFORMATION

Three tablets typically provide:

		%RDA*			%RDA*
Vitamin D (300iu)	7.5µg	150	Iron	5mg	36
Vitamin E (90iu)	60mg α-TE	500	Magnesium	225mg	60
Vitamin C	322mg	403	Zinc	15mg	150
Thiamin (vitamin B1)	50mg	4545	Iodine	45µg	30
Riboflavin (vitamin B2)	50mg	3571	Selenium	45µg	82
Niacin (vitamin B3)	90mg NE	563	Manganese	3.9mg	195
Vitamin B6	9.9mg	707	Chromium	45µg	113
Folic acid	405µg	203	Vitamin K	90µg	120
Vitamin B12	15µg	600	Beta Carotene	4.5mg	
Biotin	75µg	150	Boron	1.5mg	
Pantothenic acid (vitamin B5)	75mg	1250	Choline	30mg	
Calcium	519mg	65	Inositol	30mg	

*RDA = Recommended Daily Allowance (new 2009 values)

May not be suitable for people with a fish or crustacean allergy.

INGREDIENTS: Natural *Lithothamnion calcarea*, bulking agent:

microcrystalline cellulose; magnesium citrate, calcium ascorbate (bulking agent: hydroxypropyl methylcellulose), magnesium oxide, calcium citrate, magnesium ascorbate, calcium pantothenate, enzyme pre-digested iron fermented with *Saccharomyces cerevisiae* (with soya), nicotinamide, natural kelp powder, thiamine hydrochloride, d-alpha tocopheryl succinate, choline bitartrate, coating: hydroxypropyl methylcellulose; riboflavin, zinc citrate, anti-caking agent: stearic acid*; anti-caking agent; silicon dioxide, inositol, anti-caking agent: magnesium stearate*; betacarotene (carrier: potato starch; antioxidant: dl-alpha tocopherol), manganese citrate, pyridoxine HCl, sodium borate, biotin**, ergocalciferol prep., l-selenomethionine, folic acid**, cyanocobalamin**, vitamin K1 (stabiliser: sucrose), chromium picolinate, copper citrate, *(vegetarian source), ** (bulking agent: natural *Lithothamnion calcarea*)

Charitable organisations policy: supplements regularly donated

HIGHER NATURE®

MUM-2-BE

multivitamin & mineral complex

90 tablets
**VEGETARIAN
FOOD SUPPLEMENT**

MUM-2-BE 90 tablets

multivitamin & mineral complex MUM090

DIRECTIONS: Pregnant women take 3 tablets a day, 1 with each meal, or as your health professional advises. Do not exceed recommended daily intake.

Daily omega 3 fish oil or flax seed oil are also recommended as are additional calcium and magnesium for healthy teeth and relaxed muscles.

MUM-2-BE is specially formulated to provide essential nutrients important for the health of both the mum-to-be and her unborn child. The Department of Health advises women, both when planning and during pregnancy, to take a 400µg Folic acid supplement daily.

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

This level of folic acid should only be taken for short periods, unless pregnant or planning pregnancy. B vitamins may turn urine bright yellow - this is normal.

DOES NOT CONTAIN: wheat, gluten, lactose, dairy products, artificial preservatives, colours or flavourings.

Suitable for vegetarians and vegans.

This product is not tested on animals.

This bottle has a UV filter.

Keep out of reach of children. Ensure lid is tight and store in a cool, dry, steam-free environment as damp conditions can affect the product quality.

HIGHER NATURE Burwash Common, East Sussex, TN19 7LX, UK
www.highernature.com



MUM-222-06

