

#### PRODUCT INFORMATION

Three tablets typically provide:

|                               |           | %RDA* |               |       | %RDA* |
|-------------------------------|-----------|-------|---------------|-------|-------|
| Vitamin D (300iu)             | 75µg      | 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

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*)

Suitable for vegetarians and vegans. This product is not tested on animals.

# HIGHER NATURE®

## MUM-2-BE

### multivitamin & mineral complex with folic acid

90 tablets  
VEGETARIAN  
FOOD SUPPLEMENT

## MUM-2-BE 90 tablets

✓ Folic acid contributes to maternal tissue growth during pregnancy

**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 sources calcium and magnesium.

**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.

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.

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www.highernature.com

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