

PRODUCT INFORMATION

Three tablets typically provide:

	%RDA*		%RDA*
Vitamin D (300iu)	75µg 150	Calcium	519mg 65
Vitamin E (90iu)	60mg α-TE 500	Magnesium	225mg 60
Vitamin K	90µg 120	Iron	5mg 36
Vitamin C	322mg 403	Zinc	15mg 150
Thiamin (vitamin B1)	50mg 4545	Manganese	3.9mg 195
Riboflavin (vitamin B2)	50mg 3571	Selenium	45µg 82
Niacin (vitamin B3)	90mg NE 563	Chromium	45µg 113
Vitamin B6	9.9mg 707	Iodine	45µg 30
Folic acid	405µg 203	Beta Carotene	4.5mg
Vitamin B12	15µg 600	Boron	1.5mg
Biotin	75µg 150	Choline	30mg
Pantothenic acid (vitamin B5)	75mg 1250	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 (glycerine); riboflavin, zinc citrate, anti-caking agent: stearic acid*; anti-caking agent: silicon dioxide, inositol, anti-caking agent: magnesium stearate*; betacarotene (carrier: potato starch; antioxidant: d-alpha tocopherol (from **soya**)), 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
VEGAN
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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