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Directions: 3 capsules taken daily with food, 2 at breakfast, 1 at lunch, 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. Not suitable for use during pregnancy, planned pregnancy or breastfeeding. If you are taking anti-coagulant medication, do not take this product except on the advice of a doctor. Long term intake of amounts greater than 10mg of vitamin B6 daily may lead to mild tingling and numbness. Store in a cool, dry place. For best before and batch, see base.

Vegetarian & vegan

Vitamin B6 contributes to the regulation of normal hormone activity and the reduction of tiredness and fatigue. Vitamin K2 contributes to the maintenance of normal bones.

BioCare®



**Menopause
Multinutrient**

Multivitamin for all-round support during & after menopause

90 vegetable capsules
Food supplement

Product information per daily intake: 3 capsules

		NEC NRV*			NEC NRV*
Vitamin A 2500u	750ug RE†	94	Calcium	75mg	9
Vitamin D3 1000u	25ug	500	Magnesium	75mg	20
Vitamin E 100u	67mg α-TE‡	558	Zinc	20mg	200
Vitamin K2	100ug	133	Copper	500ug	50
Vitamin C	250mg	313	Manganese	1mg	50
Vitamin B1	25mg	2273	Selenium	100ug	182
Vitamin B2	25mg	1786	Chromium	200ug	500
Niacin (B3)	50mg RE†	313	Molybdenum	200ug	400
Vitamin B6	50mg	3571	Iodine	200ug	133
Folate (Methylfolate)	400ug	200	Choline	50mg	-
Vitamin B12 (Methyl B12)	400ug	16000	Inositol	10mg	-
Biotin	1020ug	2040	PABA	10mg	-
Pantothenic Acid (B5)	50mg	833	Green Tea Extract 101 (equivalent 200mg)	20mg	-
			Lycopene	3mg	-
			Boron	1mg	-

*NRV = Nutrient Reference Value
†RE = Retinol Equivalent

‡α-TE = Alpha Tocopherol Equivalent
†NE = Niacin Equivalent

For further information peel here

(Magnesium Ascorbate), Choline Bitartrate, Vitamin B6 (Pyridoxal-5-Phosphate), Vitamin E (D-Alpha Tocopheryl Succinate), Zinc Citrate, Pantothenic Acid (Calcium Pantothenate), Niacin (Nicotinamide), Vitamin B12 (Methylcobalamin), Vitamin B2 (Riboflavin-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Lycopene (Tomato Extract), L-Selenomethionine, Green Tea Extract (Camellia sinensis Leaf), Vitamin D3 (Cholecalciferol), Vitamin K2 (Menaquinone-7), Inositol, Para Amino Benzoic Acid, Vitamin A (Retinyl Acetate), Manganese Gluconate, Sodium Borate, Chromium Picolinate, Copper Citrate, Biotin, Folate (Calcium L-methylfolate), Sodium Molybdate, Potassium Iodide.

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