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Singel 250, 1016 AB
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Directions: 2 capsules taken daily with food, 1 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. This product contains iron, which, if taken in excess, may be harmful to young children. Keep out of sight and reach of children. Store in a cool, dry place. For best before and batch, see base.

Vitamin B6, B12 and folate contribute to normal homocysteine metabolism and the normal function of the immune system.

BioCare®



Methyl Multinutrient

Optimum multivitamin for all-round support

60 vegetable capsules
Food supplement

Product information per daily intake: 2 capsules

		%EC NRV*			%EC NRV*
Vitamin A 2500iu	750ug RE†	94	Magnesium	56mg	15
Vitamin D3 1000iu	25ug	500	Iron	7.5mg	54
Vitamin E 30iu	20mg α-TE‡	167	Zinc	15mg	150
Vitamin K2	100ug	133	Copper	250ug	25
Vitamin C	250mg	313	Manganese	1mg	50
Vitamin B1	50mg	45.45	Selenium	100ug	182
Vitamin B2	50mg	35.71	Chromium	200ug	500
Niacin (B3)	50mg NE§	313	Molybdenum	200ug	400
Vitamin B6	50mg	35.71	Iodine	200ug	133
Folate (Methylfolate)	400ug	200	Choline	30mg	-
Vitamin B12 (Methyl B12)	400ug	16000	Inositol	10mg	-
Biotin	35ug	70	PABA	10mg	-
Pantothenic Acid (B5)	100mg	1667	Boron	1mg	-
			Grapeseed Extract 10:1 (equivalent 10mg)	1mg	-

*NRV = Nutrient Reference Value
†RE = Retinol Equivalent

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

Vegetarian & vegan



For further information peel here

Ingredients:

Vitamin C (Magnesium Ascorbate), Capsule Shell (Hydroxypropyl Methylcellulose), Magnesium Citrate, Pantothenic Acid (Calcium Pantothenate), Vitamin B6 (Pyridoxal-5-Phosphate), Vitamin B2 (Riboflavin-5-Phosphate), Vitamin B1 (Thiamine Hydrochloride), Choline Bitartrate, Niacin (Nicotinamide), Vitamin B12 (Methylcobalamin), Rice Hull, Zinc Citrate, Vitamin E (D-Alpha Tocopheryl Succinate), Iron Citrate, L-Selenomethionine, Vitamin D3 (Cholecalciferol), Vitamin K2 (Menaquinone-7), Inositol, Para Amino Benzoic Acid, Vitamin A (Retinyl Acetate), Manganese Gluconate, Sodium Borate, Chromium Picolinate, Grape Seed Extract (*Vitis vinifera* Seed), Folate (Calcium L-methylfolate), Copper Citrate, Sodium Molybdate, Potassium Iodide, Biotin.

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