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Singel 250, 1016 AB
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Directions: 1 capsule taken daily with food, at breakfast or 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. 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 B12 supports energy-yielding metabolism and normal functioning of the immune and nervous systems.

BioCare®



Adult Multivitamins & Minerals

For all-round support including energy, immunity and mental health and wellbeing

30 vegetable capsules
Food supplement

Product information per daily intake: 1 capsule

		%EC NRV*		%EC NRV*
Vitamin A 2000iu	600µg RE ¹	75	Pantothenic Acid (B5)	25mg 417
Vitamin D3 400iu	10µg	200	Magnesium	20mg 5
Vitamin E 30iu	20mg α-TE ²	167	Zinc	10mg 100
Vitamin C	200mg	250	Manganese	0.3mg 15
Vitamin B1	25mg	2273	Selenium	50µg 91
Vitamin B2	25mg	1786	Chromium	50µg 125
Niacin (B3)	25mg NE ³	156	Molybdenum	100µg 200
Vitamin B6	25mg	1786	Iodine	50µg 33
Folate (Methylfolate)	100µg	50	Choline	10mg -
Vitamin B12 (Methyl B12)	50µg	2000	Inositol	10mg -
Biotin	35µg	70	PABA	10mg -

*NRV = Nutrient Reference Value
¹RE = Retinol Equivalent

²α-TE = Alpha Tocopherol Equivalent
³NE = Niacin Equivalent

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