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Manufactured in the UK using non-UK ingredients:
BrighterLife Health Ltd., 80-83 Long Lane, London, EC1A 9ET

Product Information:

| 4 tablets typically provide: | | %NRV* |
|------------------------------|-----------|-------|
| Vitamin D | 15 µg | 300 |
| Vitamin E | 4 mg α-TE | 33 |
| Vitamin C | 90 mg | 113 |
| Thiamin (Vitamin B1) | 8 mg | 727 |
| Riboflavin (Vitamin B2) | 5 mg | 357 |
| Niacin (Vitamin B3) | 20 mg NE | 125 |
| Vitamin B6 | 10 mg | 714 |
| Folate | 400 µg | 200 |
| Vitamin B12 | 20 µg | 800 |
| Biotin | 150 µg | 300 |
| Pantothenic Acid | 6 mg | 100 |
| Magnesium | 60 mg | 16 |
| Iron | 14 mg | 100 |
| Zinc | 15 mg | 150 |
| Copper | 1 mg | 100 |
| Selenium | 50 µg | 91 |
| Chromium | 100 µg | 250 |
| Iodine | 150 µg | 100 |
| Myo-Inositol | 2000 mg | ** |
| N-Acetyl Cysteine | 600 mg | ** |
| L-Arginine | 100 mg | ** |
| Alpha-Lipoic Acid | 100 mg | ** |
| Coenzyme Q10 (Ubiquinol) | 100 mg | ** |
| Beta-carotene | 3 mg | ** |

*NRV= Nutrient Reference Value ** NRV Not established

Directions for use: Adults take 2 tablets in the morning and 2 tablets in the evening with meals (4 tablets daily) or as your health practitioner advises. Do not exceed the recommended daily intake. Suitable for vegetarians and vegans.

Storage: Store in original packaging, in a cool dry place protected from light. Keep out of sight and reach of young children. For best before end, see lid or base.

Ingredients:

Myo-Inositol, Bulking Agents (Microcrystalline Cellulose, Dicalcium Phosphate), N-Acetyl L-Cysteine, Magnesium Citrate, L-Arginine Hydrochloride, Ascorbic Acid (Vitamin C), Alpha-Lipoic Acid, Coenzyme Q10 (Ubiquinone), Zinc Bisglycinate, Anti-caking Agents (Silicon Dioxide, Fatty Acids, Magnesium Salts of Fatty Acids), Ferrous Fumarate, Nicotinamide (Niacin), Beta-Carotene, Pyridoxine Hydrochloride (Vitamin B6), DL-Alpha-tocopheryl Acetate (Vitamin E), Thiamine Hydrochloride (Vitamin B1), Sodium Selenite, Calcium D-Pantothenate (Vitamin B5), Cholecalciferol (Vegan Vitamin D3), Riboflavin (Vitamin B2), Copper Citrate, Chromium Picolinate, L-5-Methyl-tetrahydrofolate, Potassium Iodide, D-Biotin, Methylcobalamin (Vitamin B12).

^ Folate contributes to normal blood formation and maternal tissue growth during pregnancy

^ Zinc contributes to normal fertility and reproduction

^ Vitamin B6 contributes to the regulation of hormone activity

Caution: Consult your GP before taking food supplements if taking medication, if you have an existing medical condition, or if you are pregnant or breast feeding. Not suitable for children. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

PRECONCEPTION[^]

MYO-INOSITOL
COMPLEX
FOOD SUPPLEMENT

120 Tablets

MyOva