

Each film coated two tablet contains (approx):

Myo-Inositol	1500 mg	**
D-Chiro-Inositol	50 mg	**
Folic Acid (Vitamin B9)	335 mcg	100
Vitamin B12 (Cyanocobalamin)	2.2 mcg	100
Vitamin D3 (Cholecalciferol)	600 IU	100
Coenzyme Q10 (Ubiquinone)	100 mg	**
N-Acetyl L-Cysteine (Nac)	600 mg	**
Magnesium (as Magnesium Glycinate)	200 mg	45.45
Zinc (as Zinc Sulphate)	15 mg	100
Selenium (as Sodium Selenate)	40 mcg	100
Iron (as Ferrous Bisglycinate)	10 mg	2.27
Omega-3 400 mg contains:		
Eicosapentaenoic Acid (EPA)	180 mg	**
Docosahexaenoic Acid (DHA)	120 mg	**
Turmeric Extract (95% Curcuminoids)	150 mg	**
Gentle Botanical Blend		
(Green Tea Polyphenols, Lemon Balm)	50 mg	**
Choline Bitartrate	25 mg	**