

PREGNANCY SUPPORT

Multi-nutrient formula for pre-conception, pregnancy and breastfeeding

INGREDIENTS: Calicified seaweed (*Lithothamnion calcareum*) providing calcium and magnesium, bulking agent (microcrystalline cellulose), magnesium (as Aquamin mg), vitamin C (as calcium ascorbate), magnesium (as bisglycinate), ginger root extract (*Zingiberis rhizoma*) providing 5% gingerols, iron (as ferrous bisglycinate), selenium (from yeast), chromium (from yeast), blueberry fruit extract (*Vaccinium myrtillus*), anti-caking agent (magnesium stearate), zinc (as bisglycinate), kelp extract (*Laminaria japonica*) providing iodine, glazing agent (hydroxypropyl methylcellulose, glycerin), acerola extract (*Malpighia punicifolia*) providing vitamin C, vitamin B5 (as calcium pantothenate), anti-caking agent (silicon dioxide), vitamin E (as d-alpha tocopherol succinate), vitamin B3 (as nicotinamide), marigold extract (*Tagetes erecta*) providing lutein, vitamin D3 preparation (cholecalciferol, maltodextrin, arabic gum, medium chain triglycerides, ascorbic acid, tocopherols), beta carotene (*Daucus carota*) preparation (corn starch, dl-alpha tocopherol), vitamin B1 (as thiamin hcl), vitamin B2 (as riboflavin), vitamin B6 (as P5P), manganese (as citrate), copper (as sulphate), vitamin K2 (MK-7), folic acid (as L-5 methyltetrahydrofolate calcium), vitamin B12 (as methylcobalamin), molybdenum (as sodium molybdate), biotin.

RECOMMENDED INTAKE: 2 tablets daily with food as a food supplement or as directed by a medical practitioner. Do not exceed the recommended daily intake. This product should not be used as a substitute for a balanced, varied diet & lifestyle.

- Keep out of sight & reach of children
- Do not use if seal is missing or broken
- Suitable for vegans & vegetarians
- BEST BEFORE DATE: see base of container
- Store in a cool, dry place

PRODUCT CODE: P337

Nature's Own

Healthy Goodness

MULTI FORMULATIONS

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FOOD SUPPLEMENT



60 VEGAN TABLETS

PRODUCT INFORMATION: 60 TABLETS = 30 DAYS SUPPLY

Two tablets will provide on average:

Average Values: %NRV

| | | |
|--|----------------|--------|
| Beta carotene | 3mg | * |
| Vitamin D3 | 30µg | 600 |
| Vitamin E | 15mg/22.4 i.u. | 125 |
| Vitamin C | 181mg | 226 |
| Vitamin B1 | 10mg | 909 |
| Vitamin B2 | 8mg | 571 |
| Vitamin B3 | 16mg | 100 |
| Vitamin B6 | 8mg | 571 |
| Folic acid (as 5MTHF) | 400µg | 200 |
| Vitamin B12 | 250µg | 10,000 |
| Biotin | 50µg | 100 |
| Vitamin B5 | 20mg | 333 |
| Vitamin K2 | 60µg | 80 |
| Calcium | 200mg | 25 |
| Iron | 15mg | 107 |
| Magnesium | 125mg | 33 |
| Zinc | 10mg | 100 |
| Iodine | 150µg | 100 |
| Copper | 1mg | 100 |
| Manganese | 1mg | 50 |
| Selenium | 150µg | 273 |
| Chromium | 150µg | 375 |
| Molybdenum | 50µg | 100 |
| Blueberry extract 100:1 (equivalent to 5000mg of blueberry powder) | 50mg | * |
| Ginger root extract 10:1 (equivalent to 1000mg of ginger powder) | 100mg | * |
| Lutein | 3mg | * |

NRV = Nutrient Reference Value
*Indicates no NRV

We guarantee this product FREE FROM:
GMO, WHEAT, SOY,
DAIRY, FLAVOURINGS
& COLOURINGS

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