

PREGNA-PLAN

Multi nutrient formula for
pre-conception, pregnancy and
breastfeeding

Ingredients: Calcified seaweed (*Lithothamnion calcareum*) providing calcium and magnesium, broccoli powder (*Brassica oleracea*), magnesium (as Aquamin Mg), calcium ascorbate (providing vitamin C), selenium (from yeast), chromium (from yeast), iron (from ferrous fumarate), zinc (from citrate), kelp extract (*Laminaria japonica*) providing iodine, vitamin B5 (calcium d-pantothenate), vitamin E (as D-alpha tocopherol acid succinate), vitamin B3 (as nicotinamide), vegan vitamin D3 (cholecalciferol), maltodextrin, corn starch, sucrose, beta carotene from *Daucus carota* (starch, corn starch, d-alpha tocopherol), vitamin B1 (as thiamine HCl), vitamin B2 (as riboflavin), boron (as disodium tetraborate decahydrate), vitamin B6 (as P5P), manganese (as citrate), copper sulphate, vitamin K2 (MK-7), folic acid (as L-5-methyltetrahydrofolate calcium), molybdenum (as sodium molybdate), vitamin B12 (as methylcobalamin), biotin, cellulose, silicon dioxide, magnesium stearate, hydroxypropyl methylcellulose (vegetable cellulose), glycerine (tablet coating).

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 and lifestyle.

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

PRODUCT CODE: 3337



CYTOPLAN

PREGNA-PLAN

Multi nutrient formula for
pre-conception, pregnancy and
breastfeeding

Multivitamin & Mineral Formulation | Wholefood



VEGAN



VEGETARIAN



WHOLEFOOD

60 VEGAN TABLETS

Food Supplement

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 125
Vitamin C	200mg 250
Thiamin (B1)	8mg 727
Riboflavin (B2)	8mg 571
Niacin (B3)	16mg 100
Vitamin B6 (as P5P)	8mg 571
Folic Acid (as 5 MTHF)	400µg 200
Vitamin B12 (as methylcobalamin)	100µg 4000
Biotin	12µg 24
Pantothenic acid (B5)	20mg 333
Vitamin K2	60µg 80
Calcium	334mg 42
Iron	11mg 79
Magnesium	117mg 31
Zinc	10mg 100
Iodine	150µg 100
Boron	1mg *
Copper	0.66mg 66
Manganese	0.70mg 37
Selenium	150µg 273
Chromium	150µg 375
Molybdenum	68µg 136

NRV = Nutrient
Reference Value
*Indicates no NRV



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