

## Product

<b>Name</b>	Pregnancy Complex 60 Veggie Caps
<b>Description</b>	Balanced Pregnancy Complex 60 Veggie Caps in our 100% reusable and recyclable bottle. Formulated to provide support during pregnancy and post-natal periods. Vegan and free from excipients, soy, GMO, gluten, lactose, and sugar.
<b>Code</b>	BAL42
<b>Barcode</b>	5055177535256
<b>Country of Origin*</b>	Made and packed in the UK.
<b>*Country of origin may vary from time to time and the origin stated in this document is not guaranteed.</b>	

## Packaging

<b>Net Content</b>	60 Vegetable Capsules
<b>Packaging Type*</b>	Amber glass bottle, aluminium foil seal and aluminium lid. 100% reusable & recyclable.
<b>*Packaging type may vary from time to time and the type stated in this document is not guaranteed.</b>	

## Shelf Life

<b>Maximum Shelf Life</b>	2 Years
<b>Storage Conditions</b>	Ambient (15°C - 20°C)

## 1 Capsule Provides

Active Ingredient		*NRV%	Active Ingredient		*NRV%
Vitamin C	50mg	62	Vitamin B2	800ug	57
Selenium	28ug	50	Vitamin B1	700ug	64
Potassium	24mg	1	Copper	500ug	50
Calcium	21mg	3	Folic Acid	200ug	100
Magnesium	13mg	3	Iodine	75ug	50
Iron	10mg	71	Chromium	25ug	63
Nicotinamide	6.5mg	41	Vitamin K	125ug	33
Zinc	5mg	50	Molybdenum	25ug	50
Pantothenic Acid	3mg	50	Biotin	15ug	30
Vitamin B6	1.3mg	89	Vitamin D3	5ug	100
Manganese	1mg	50	Vitamin B12	1.3ug	50

\*Nutritional Reference Value for Daily Recommended Intake

<b>Ingredients</b>	Capsule Shell (Vegetable Cellulose (HPMC)), Calcium Citrate, Magnesium Citrate, Potassium Citrate, Choline Bitartrate, Calcium Ascorbate, Magnesium Ascorbate, Vitamin C (Ascorbic Acid), Iron Bysglycerate, beta-Carotene (from <i>Dunaliella salina</i> Algae), Zinc Citrate, Myo-inositol, Vitamin B3 (Nicotinamide), Manganese Bisglycerate, Selenium, Sodium Borate, Vitamin B5 (Calcium Pantothenate), Vitamin D3 Oil (Lichen Extract, Fractionated Coconut Oil, D-alpha Tocopherol), Vitamin B6 (Pyridoxine HCL), Copper Citrate, Vitamin B1 (Thiamine HCL), Vitamin B2 (Riboflavin), Vitamin K1 (Phylloquinone), Chromium Picolinate, Folic Acid, Potassium Iodide, Ammonium Molybdate, Biotin, Vitamin B12 (Methylcobalamin).
<b>Allergens</b>	n/a

<b>Certifications</b>	Vegan Society
<b>Serving Requirements</b>	Adults take 1-2 capsules daily with a meal, or as directed by a healthcare professional.