

Maximum support in the Pregnacare® range for when trying for a baby

Now you have decided to try for a baby, you will want to prepare your body and ensure you have a healthy diet and lifestyle. Pregnacare® Conception Max with Omega-3 DHA and L-Methylfolate has been specially formulated on the basis of worldwide studies to help build and safeguard your nutritional stores ready for pregnancy.

Fertility & Reproduction

Zinc is scientifically proven to contribute to normal fertility and reproduction.

High Purity Omega-3 fish oil

Essential fatty acids play important roles in the body but the body cannot make them so they must come from the diet. Includes Omega-3 capsules with essential fatty acids DHA & EPA from high purity fish oil. Certified for sustainability by Friend of the Sea.

With an advanced form of folic acid - L-Methylfolate

The exact 400 µg level recommended by the UK Department of Health for women from the start of trying to conceive. Provided by the advanced, readily bioavailable form of folic acid, L-Methylfolate. Supplemental folic acid intake increases maternal folate status.<sup>1</sup> Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus.

Pregnacare® Conception Max Tablet Nutritional Information		Average per 2 tablets	% NRV*
Coenzyme Q10	50 mg	—	—
N-Acetyl Cysteine	75 mg	—	—
Inositol	100 mg	—	—
Betacarotene	3 mg	—	—
Vitamin D (as D3 1000 IU)	25 µg	500	—
Vitamin E (Natural Source)	4 mg α-TE	33	—
Vitamin C	80 mg	100	—
Thiamin (Vitamin B1)	8 mg	727	—
Riboflavin (Vitamin B2)	5 mg	357	—
Niacin (Vitamin B3)	20 mg NE	125	—
Vitamin B6	10 mg	714	—
Folic Acid (as L-Methylfolate)	400 µg	200	—
Vitamin B12	25 µg	1000	—
Biotin	150 µg	300	—
Pantothenic Acid	6 mg	100	—
Magnesium	250 mg	67	—
Iron	14 mg	100	—
Zinc	15 mg	150	—
Copper	1000 µg	100	—
Manganese	0.5 mg	25	—
Selenium	55 µg	100	—
Iodine	150 µg	100	—
Omega-3 DHA Capsule Nutritional Information		Average per capsule	% NRV*
Omega-3 Fish Oil	600 mg	—	—
Providing:			
DHA (Docosahexaenoic acid)	300 mg	—	—
EPA (Eicosapentaenoic acid)	60 mg	—	—

\*NRV – Nutrient Reference Value, µg – microgram, mg – milligram, IU – International Units

DIRECTIONS

**TWO (2) PREGNACARE® CONCEPTION MAX TABLETS PER DAY, PLUS ONE (1) OMEGA-3 CAPSULE PER DAY, WITH YOUR MAIN MEAL.** Swallow with water or a cold drink. Not to be chewed. Do not exceed recommended intake. To be taken only on a full stomach. There is no need to take an additional multivitamin.

Use Pregnacare® Conception Max as soon as you start trying for a baby.

To help prepare your body, it can even be used up to 3 months before you start to try for a baby. Once confirmed you are pregnant, you can continue to use any remaining tablets, before taking Pregnacare® for during pregnancy, e.g. Original, Gummies, Plus or Max.

UK contact: Vitabiotics Ltd, 1 Apsley Way, London, NW2 7HF, England. Tel: 020 8955 2662  
EU contact: Vitabiotics EU Ltd, 71 Lower Baggot Street, Dublin 2, Ireland

This product is designed for women of child-bearing age. \*The beneficial effect is obtained with a supplemental folic acid daily intake of 400µg for at least one month before and up to three months after conception.

**Tablet Ingredients:** Bulking Agents: Calcium Carbonate & Microcrystalline Cellulose, Magnesium Oxide, Vitamin C (Ascorbic Acid), Myo-Inositol, N-Acetyl Cysteine, Tablet Coating (Polydextrose, Hydroxypropylmethylcellulose, Calcium Carbonate, Medium Chain Triglycerides, Colours: Iron Oxide, Copper Chlorophyllin [Natural Source]), Anti-Caking Agents: Silicon Dioxide & Magnesium Stearate, Coenzyme Q10 (CoQ10), Ferrous Fumarate, Zinc Sulphate, Niacin (as Nicotinamide), Betacarotene, Thiamin (Vitamin B1 as HCl), Vitamin B6 (as Pyridoxine HCl), Vitamin D3 (Cholecalciferol), Pantothenic Acid (as Calcium Salt), Riboflavin (Vitamin B2), Vitamin E (as D-Alpha Tocopheryl Acid Succinate) (from **Soya**), Copper Sulphate, Manganese Sulphate, Folic Acid (as Calcium L-Methylfolate), Potassium Iodide, Biotin, Sodium Selenate, Vitamin B12 (as Methylcobalamin).

**Capsule Ingredients:** Omega-3 Fish Oil (Docosahexaenoic Acid Concentrate) (from **Fish**), Capsule Shell: Pharmaceutical Grade Gelatin (Halal Bovine Source), Glycerin & Natural Lemon Oil Flavouring. **Allergy Advice:** For allergens, see ingredients in **bold**.

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STORE BELOW 25°C IN A DRY PLACE, OUT OF SIGHT AND REACH OF CHILDREN.

Barcode: 5021265251292

84 Tabs/Caps (28 days supply)  
Vitamin & mineral tablets with folic acid plus Omega-3 capsules

Take TWO Pregnacare® Conception Max tablets per day and ONE Omega-3 capsule per day



SEE BACK OF PACK FOR FULL DIRECTIONS



NO ARTIFICIAL COLOURS OR PRESERVATIVES



NO LACTOSE OR YEAST



FREE FROM DRUGS & HORMONES



PREGNACARE® IS NOT TESTED ON ANIMALS

**FOOD SUPPLEMENT**  
Food supplements must not replace a varied and balanced diet and a healthy lifestyle.

As with other food supplements, consult your doctor or pharmacist before using if you are under medical supervision, have epilepsy, a thyroid condition, haemochromatosis, **suffer from food allergies, or are allergic to any of the ingredients.** Contains high purity fish oil.

**Allergy Advice:** For allergens, see ingredients in bold on base of carton. Made in a site that may handle nuts.

This product contains Omega-3. Those taking anticoagulants (blood thinners) should consult their doctor before using this product.

UK's No.1 pregnancy supplement brand.

\*Tablet and capsule images not actual size.

1. The pregnancy supplement brand midwives recommend most.

This product contains iron, which if taken in excess, may be harmful to very young children.

Store below 25°C in a dry place, out of sight and reach of children.

www.pregnacare.com

VITABIOTICS LONDON, ENGLAND

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MFT

Best Before End/EXP END

Join us for the latest health conversations & special updates  
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TalkMum.com  
The community for mums & mums to be

BEFORE PREGNANCY

DUAL PACK  
84 Tablets / Capsules

MOST RECOMMENDED BY MIDWIVES<sup>1</sup>

Pregnacare®  
conception max

VITABIOTICS

Vitamin & mineral tablets with folic acid plus Omega-3 capsules

Vitabiotics®  
Pregnacare®  
conception max

Advanced nutrition for when trying for a baby

With zinc which is scientifically proven to contribute to normal fertility & reproduction

+ Folic Acid (L-Methylfolate), Inositol, vit.D & CoQ10  
+ Omega-3 DHA

VITABIOTICS SCIENCE OF HEALTHY LIVING

UK's No.1 PREGNANCY BRAND

BEFORE PREGNANCY

- CYAN
  - MAGENTA
  - YELLOW
  - BLACK
  - PANTONE 355
  - PANTONE 675
  - PANTONE 228
  - PANTONE 3515
  - CUTTER GUIDE
  - SPOT UV
  - EMBOSS
  - SILVER FOIL
- VARNISH: **MATT**  
REVERSE PRINT NEEDED? **YES**  
ANY ADDITIONAL FINISHING? **NO**  
MPL No. (IF APPROPRIATE) **12781**

THE "NEXT GENERATION" MAXIMUM SUPPORT CONCEPTION FORMULA FROM PREGNACARE®  
With L-Methylfolate - an advanced form of folic acid

Pregnacare® supports:



Supporting people throughout the UK trying to conceive.  
fertilitynetworkuk.org

Charity Registered England No. 1099960 and Scotland No. SC039511

About taking Pregnacare® Conception Max

Pregnacare® Conception Max is a nutrient based, scientifically researched formula without any drugs or hormones. It contains no ingredients known to cause irregularity in the monthly cycle.

If you experience a delay or change in your monthly cycle, this may not necessarily mean you are pregnant and it is advised to take a pregnancy test and speak to your doctor or health professional.

For conception tips visit: [pregnacare.com/conception](http://pregnacare.com/conception)

ABOUT VITABIOTICS

Vitabiotics is the UK's No.1 vitamin company, founded 50 years ago. Our former Chairman Prof. A.H. Beckett OBE was one of the world's leading scientists and instilled our philosophy for research, innovation and excellence in nutrition.

As a result, no other vitamin company, possibly in the world, has conducted such a diverse range of the highest level published research.



Prof. Arnold Beckett OBE, PhD, DSc (1920-2010)  
Chairman of Vitabiotics for 18 years  
Professor Emeritus, University of London

Britain's No.1 supplements

VITABIOTICS LONDON, ENGLAND

QUEEN'S AWARD 4 TIMES WINNER

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