

25 nutrients

'A comprehensive multivitamin containing a range of nutrients including omega-3 & (6S)-5-methyltetrahydrofolate; supports fetal brain development and reduces the risk of neural tube defects during pregnancy (4)'

Nutritional Information	Av. per 2 tablets	% NRV†
Omega 3 DHA	250 mg	-
Omega 3 EPA	5 mg	-
N-Acetyl Cysteine	50 mg	-
Inositol	100 mg	-
L-Arginine	100 mg	-
Betacarotene	2 mg	-
Vegan Vitamin D (as D3 400 IU)	10 µg	200
Vitamin E	4 mg a-TE	33
Vitamin K	70 µg	93
Vitamin C	80 mg	100
Thiamin (Vitamin B1)	5 mg	455
Riboflavin (Vitamin B2)	2 mg	143
Niacin (Vitamin B3)	20 mg NE	125
Vitamin B6	10 mg	714
Folic Acid (Quatrefolic®)	400 µg	200
Vitamin B12	9 µg	360
Biotin (Vitamin B7)	150 µg	300
Pantothenic Acid	6 mg	100
Calcium	400 mg	50
Iron	17 mg	121
Zinc	15 mg	150
Copper	1 mg	100
Manganese	0.5 mg	25
Selenium	55 µg	100
Iodine	150 µg	100

mg = milligram, µg = microgram IU = International Units
†NRV = Nutrient Reference Value



Ingredients list

Availom® 50 High DHA Algae [Carrier: L- Lysine , EPA], Calcium carbonate, L-Arginine, N-Acetyl-L-Cysteine, Inositol, Beta carotene, Vegan Vitamin D3 (Cholecalciferol), Vitamin E (DL-alpha-tocopheryl acetate), Vitamin K (Phytomenadione), Thiamin (Thiamin mononitrate), Vitamin B2 (Riboflavin), Niacin (Nicotinamide), Pantothenic acid (D-Pantothenate, calcium), Vitamin B6 (Pyridoxine HCL), Biotin (D-Biotin), Folic acid ((6S)-5-Methyltetrahydrofolic acid Glucosamine salt), Vitamin B12 (Cyanocobalamin), Vitamin C (Ascorbic acid), Potassium iodide, Ferrous fumarate, Sodium selenite, Zinc sulphate, Magnesium oxide , Manganese sulphate, Copper sulphate; Emulsifier: Crosslinked sodium carboxy methyl cellulose; Bulking Agent: Microcrystalline cellulose; Anti-caking agents: Silicon dioxide, Purified talc, Magnesium stearate; Binders: Polyvinylpyrrolidone, Ethyl cellulose; Tablet Coating: Hydroxy propyl methyl cellulose, Calcium carbonate, Ethyl cellulose, Polyvinyl alcohol, Polyethylene glycol, Talc, Purified water; Natural Source Colours: Iron oxides; Flavouring.

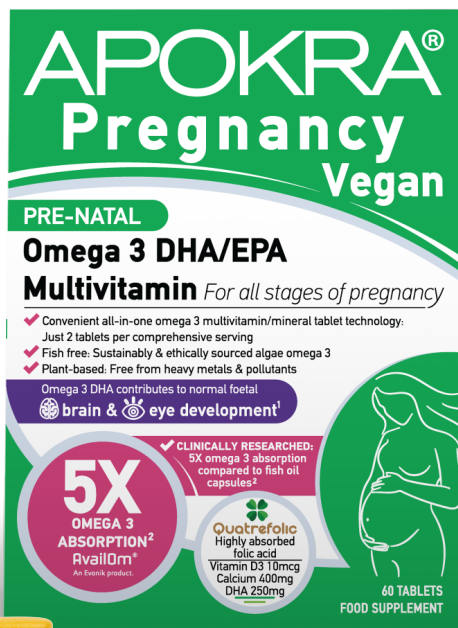


Customer review

Integrating these vitamins into my routine was a revelation. The vanilla coating was a thoughtful touch, eliminating the fishy aftertaste that deters many from omega supplements. I noticed a marked improvement in my overall well-being, a boost that was both unexpected and welcome. The ease of swallowing these tablets was another plus, making daily consumption less of a chore and more a seamless part of my day. It's reassuring to know that such a crucial aspect of prenatal care is now less daunting.

APOKRA®

Clinically studied ingredients



AvailOm®
Omega-3 lysine complex



APOKRA®



21 nutrients

'A comprehensive multivitamin with omega-3 enhances the nutritional quality of breast milk, supporting the infant's brain and visual development (5)'

Nutritional Information	Av. per 2 tablets	% NRV†
Omega 3 DHA	250 mg	-
Omega 3 EPA	5 mg	-
Betacarotene	2 mg	-
Vegan Vitamin D (as D3 400 IU)	10 µg	200
Vitamin E	20 mg	167
Vitamin K	70 µg	93
Vitamin C	70 mg	88
Thiamin (Vitamin B1)	5 mg	455
Riboflavin (Vitamin B2)	2 mg	143
Niacin (Vitamin B3)	20 mg NE	125
Vitamin B6	10 mg	714
Folic Acid	400 µg	200
Vitamin B12	6 µg	240
Biotin (Vitamin B7)	150 µg	300
Pantothenic Acid	6 mg	100
Calcium	600 mg	75
Iron	16 mg	114
Zinc	15 mg	150
Copper	1 mg	100
Selenium	30 µg	55
Iodine	150 µg	100

mg = milligram, µg = microgram IU = International Units
†NRV = Nutrient Reference Value



Ingredients list

Availom® 50 High DHA Algae [Carrier: L- Lysine , EPA], Calcium Carbonate, Beta carotene, Vegan Vitamin D3 (Cholecalciferol), Vitamin E (DL- α -tocopheryl acetate), Vitamin K (Phytomenadione), Thiamin (Thiamin mononitrate), Vitamin B2 (Riboflavin), Niacin (Nicotinamide), Pantothenic acid (D-Pantothenate, calcium), Vitamin B6 (Pyridoxine HCL), Biotin (D-Biotin), Folic acid (Pteroylmonoglutamic acid), Vitamin B12 (Cyanocobalamin), Vitamin C (Ascorbic acid), Potassium iodide, Ferrous fumarate, Sodium selenite, Zinc sulphate, Magnesium oxide, Copper sulphate, Emulsifier: Crosslinked sodium carboxy methyl cellulose; Bulking Agent: Microcrystalline cellulose; Anti-caking agents: Silicon dioxide, Purified talc, Magnesium stearate; Binders: Polyvinylpyrrolidone, Ethyl cellulose; Tablet Coating: Hydroxy propyl methyl cellulose, Calcium carbonate, Ethyl cellulose, Polyvinyl alcohol, Polyethylene glycol, Talc, Purified water; Natural Source Colours: Iron oxides; Flavouring.



Customer review

It's a relief to have one tablet instead of fish oil capsules and a separate multivitamin. These tablets are easy to swallow, and I haven't had any unpleasant aftertaste or side effects. The peace of mind that I'm getting everything I need to support my baby's development is worth the switch on its own.

APOKRA®