

Food supplement with vitamins and minerals - 74g

Recommended use: 1 tablet daily, or as directed.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle. Do not exceed the recommended daily dose. Store out of reach of young children. Long term intakes of this amount of vitamin B6 may lead to mild tingling and numbness. If taking anti-coagulants, consult a medical practitioner before using this product. If taking medication or have a medical condition, consult a healthcare practitioner before using this product. Tamper resistant seal. Do not use if broken. Keep in a cool, dry place. **Gluten, dairy, sugar and soy free. Suitable for vegans.**

Best Before End: XX/202X

Lot: XXXXXXX

Art. 32916 SKU: 3256

Manufactured in the UK. Distributed

in the UK & Ireland by Metagenics®.

UK: Whaley Bridge SK23 7DQ

IRE: Little Island, Cork T45 YV29

www.metagenics.co.uk / .ie



Metagenics®

PRACTITIONER RECOMMENDED

WOMEN'S HEALTH

Multi Essentials For Pregnancy

From pre-conception
to breastfeeding

MULTIVITAMIN

30 Tablets

CLINICALLY
TESTED
INGREDIENTS



Ingredients per tablet: calcium (citrate) 100mg-12.5%, magnesium (citrate) 50mg-13%, stabiliser: microcrystalline cellulose, vitamin C (ascorbic acid) 200mg-250%, coating (hydroxypropyl methylcellulose, concentrated safflower and lemon, hydroxypropyl cellulose, calcium carbonate, microcrystalline cellulose, stearic acid), iron (bisglycinate) 18mg-129%, zinc (citrate) 25mg-250%, choline (bitartrate) 20mg, vitamin K2 as MK-7 90µg-120%, vitamin B1 (thiamine mononitrate) 30mg-2727%, potassium (citrate) 100mg-0.5%, vitamin B5 (calcium pantothenate) 25mg-471%, riboflavin (vitamin B2) 25mg-1786%, vitamin B6 (pyridoxal-5-phosphate) 15mg-1071%, niacin (vitamin B3 as nicotinamide) 25mg NE-156%, selenium (selenomethionine) 100µg-162%, anti-caking agent: silicon dioxide, emulsifier: stearic acid, vitamin E (D-alpha tocopherol) 12mg α-TE (18IU)-100%, vitamin D (cholecalciferol) 25µg-500%* (1000IU), mixed tocopherols 3.6mg, anti-caking agent: magnesium stearate, vitamin A (beta-carotene) 250µg RE**-31%, copper (sulphate) 1mg-100%, folate (5-methyltetrahydrofolate) 400µg-200%, vitamin B12 (methylcobalamin) 400µg-16000%, chromium (picolinate) 50µg-125%, iodine (potassium iodide) 290µg-193%, molybdenum (sodium molybdate) 100µg-200%, manganese (citrate) 18µg-0.9%, biotin 50µg-100%.

*% RI = Reference Intake

**RE = Retinol Equivalents