

Check My Label Ltd.

Company No. 12022991

enquiries@checkmylabel.co.uk

www.checkmylabel.co.uk



# Certificate of Compliance

Certificate Number: CML-1920604

This is to certify that

**Fruitful New Mum Postnatal Formula (60 Capsules)**

Complies with the labelling requirements of

Regulation (EU) No 1169/2011, Directive 2002/46/EC, The Food Supplements (England) Regulations 2003, Regulation (EC) No 1333/2008, and Regulation (EC) No 1924/2006

Signed on behalf of

Check My Label Ltd:

Certification Date: 18/07/2024

Issued By: **Sam Conebar**



This document confirms that the product label listed above has been assessed as meeting regulatory requirements at the time of issue by one of our food labelling experts. Labels should be re-submitted for review regularly. Certification does not constitute a guarantee of the legality of the product. Please note, our regulatory analysis is limited to the mandatory information, labelling rules and claims. Since we are not involved in the sourcing and manufacturing of raw materials, we cannot validate aspects related to the quality of finished products or the Novel Food status of any individual ingredients.

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## Label Artwork (Front)



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## Label Artwork (Reverse)

**Fruitful® New Mum Postnatal Formula**  
60 Capsules | 30 Day Supply

**Nutritional Information**  
Serving Size: 2 Capsules

Nutrients	Per Serving	% NRV*
Vitamin D3 (vegan 400iu)	20µg	400%
Vitamin E	20mg α-TE	167%
Vitamin K	70µg	93%
Vitamin C	100mg	125%
Thiamine (B1)	1.5mg	136%
Riboflavin (B2)	1.6mg	114%
Niacin (B3)	17mg NE	106%
Vitamin B6	2.5mg	179%
Folic Acid	400µg	200%
Vitamin B12	10µg	400%
Biotin	250µg	500%
Pantothenic Acid (B5)	7mg	117%
Calcium	140mg	18%
Magnesium	60mg	16%
Iron	9mg	64%
Zinc	12mg	120%
Copper	1mg	100%
Manganese	1mg	50%
Selenium	70µg	127%
Chromium	40µg	100%
Molybdenum	100µg	200%
Iodine	200µg	133%
Nettle Leaf	120mg	**
Turmeric Root	100mg	**
Moringa Leaf	100mg	**
L-Choline	50mg	**
Black Pepper Extract	1mg	**

\* Nutrient Reference Value \*\* No NRV established

**Made in the UK**

**DIRECTIONS**

Take two capsules daily on a full stomach. Do not exceed the recommended daily intake.

**Ingredients:** Magnesium Citrate, Calcium Carbonate, Vegan Capsule Shell (Hydroxypropyl Methylcellulose), L-Choline Bitartrate, Nettle Leaf Powder, Vitamin C (Calcium Ascorbate), Turmeric Root Powder, Moringa Leaf Powder, Ferrous Bisglycinate, Zinc Citrate, Vitamin E (D-Alpha Tocopheryl Acid Succinate), Nicotinamide, Vegan Vitamin D3 from Lichen (Cholecalciferol), Calcium D-Pantothenate, Manganese Citrate, Selenium-Enriched Yeast, Pyridoxine Hydrochloride, Copper Citrate, Riboflavin 5'-Phosphate, Thiamine Hydrochloride, Vitamin K (Phylloquinone), Black Pepper Extract (95% Piperine), Calcium L-Methylfolate, Chromium Picolinate, Potassium Iodide, Biotin, Ammonium Molybdate, Vitamin B12 (Methylcobalamin).

While taking Fruitful® New Mum there is no need to take an additional multivitamin. This supplement is safe to take during breastfeeding.

We recommend taking Fruitful® Vegan Omega 3 with DHA & EPA alongside this product.

Our clean Fruitful® vegan capsules are free from fillers, binders, anti-caking and flowing agents and preservatives.

**Vegan**

**Fruitful®**  
from fertility to family™

Fruitful was born from our founders' own personal journey to parenthood and is committed to producing clean, premium supplements, supporting individuals and couples from fertility to family.

fruitfulfamily.co.uk

Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

If taking any other supplements or medications, seek advice from your doctor before use.

Not suitable for children under 18 years.

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

Store in a cool dry place out of sight and reach of children.

For best before end, see base.

Manufactured in the UK to GMP Standards.

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SCAN HERE FOR PRODUCT DETAILS, RECYCLING INFO, AND MORE ABOUT US.

fruitfulfamily.co.uk

Fruitful® is a trademark of Fruitful Family Ltd

EU Address: Fruitful Family Ltd, Bracken Road No 51, Dublin, D18CB48, IRL

Fruitful Family Ltd, Bath, BA1 2FR, UK

Made in the UK

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