

# StrongStart MVM®

For women who are hoping to conceive, pregnant or breastfeeding

## Presentation

A pale pink coated tablet.

### Each tablet delivers:

Vitamin D3	10µg	Calcium (as phosphate)	75mg
Vitamin E	20mg	Magnesium (as oxide)	150mg
Vitamin K	70µg	Iron (as ferrous fumarate)	17mg
Vitamin C	70mg	Zinc (as citrate)	15mg
Thiamin (Vitamin B1)	10mg	Copper (as sulphate)	1mg
Riboflavin (Vitamin B2)	10mg	Manganese (as sulphate)	0.5mg
Niacin (vitamin B3)	20mg	Selenium (as L-Selenomethionine/Selenite)	100µg
Pyridoxine (Vitamin B6)	10mg	Chromium (as picolinate)	80µg
Folic Acid	400µg	Iodine (as potassium iodide)	150µg
Vitamin B12	6µg	Choline Bitartrate	5mg
Biotin	150µg	Inositol	5mg
Pantothenic Acid (Vitamin B5)	5mg		

quantity  
60

type  
tablets

code  
8462



### Tableted with:

DiCalcium Phosphate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Colours: Titanium Dioxide & Iron Oxides), Anti-caking Agents (Silicon Dioxide, Magnesium Stearate), Stearic Acid, Crosslinked Cellulose Gum.

**Disintegration time:** Less than 1 hour

**Suitable for vegetarians** 

## Uses

StrongStart MVM® is a one-a-day multinutrient formula that has been developed by Lamberts® Technical Department for women who are either hoping to conceive, pregnant or breastfeeding. Taken daily, it provides the DoH's recommended 400µg of Folic Acid, alongside optimal levels of the other vitamins and minerals required at this important time.

- Safe nutrient levels
- No vitamin A included
- Recommended level of folic acid.

### Usage and administration

1 tablet daily.

### Allergen advice

None (see page 194).

### Cautions

This product contains iron, which, if taken in excess may be harmful to very young children. Keep out of sight and reach.

### Storage instructions

To be stored in a cool, dry place and protected from light.

### Legal category

Food supplement.

