

PREGNANCY SUPPORT

Multi-nutrient formula for pre-conception, pregnancy and breastfeeding

P337



Pregnancy Support is a comprehensive Wholefood multivitamin and mineral comprising the most appropriate vitamins and minerals necessary for women during preconception, pregnancy, and breastfeeding.

- Includes the current UK Government recommendations for vitamin D and folic acid.
- We use methylfolate as this is the safest and most bio-effective form of this nutrient and K2 for the same reason.
- Folic acid/folate contributes to normal maternal tissue growth during pregnancy, and supplemental folate intake increases maternal folate status. Increasing maternal folate status contributes to the reduction of the risk of neural tube defects.
- This product also contains excellent levels of antioxidant minerals to give optimum support through all the stages of preconception, pregnancy, and breastfeeding.
- Maintaining good levels of the mineral iron is important for women during pregnancy and breastfeeding.
- The mineral calcium is in great demand during pregnancy. Intestinal absorption of calcium doubles early in pregnancy, and the mineral is stored in the mother's bones. Later, as the foetus begins to develop, the mother's stores are drawn upon. Calcium is essential for making the baby's bones and teeth.
- Typically recommended at two tablets daily, one pot will provide a 30-day supply.

Pregnancy Support

2 capsules provide on average:

Active Nutrient	Strength	%NRV+
Beta Carotene	3mg	*
Vitamin D3	30µg	600
Vitamin E	15mg	125
Vitamin C	200mg	250
Thiamin (B1)	8mg	727
Riboflavin (B2)	8mg	571
Niacin (B3)	16mg	100
Vitamin B6 (as P5P)	8mg	571
Folic Acid (as l-methylfolate)	400µg	200
Vitamin B12 (as methylcobalamin)	100µg	4000
Biotin	12µg	24
Pantothenic acid (B5)	20mg	333
Vitamin K2	60µg	80
Calcium	334mg	42
Iron	11mg	79
Magnesium	117mg	31
Zinc	10mg	100
Iodine	150µg	100
Boron	1mg	*
Copper	0.66mg	66
Manganese	0.74mg	37
Selenium	150µg	273
Chromium	150µg	375
Molybdenum	68µg	136
PABA	10mg	*

+NRV = Nutrient Reference Value

* Indicates no NRV

Ingredients: Calcified seaweed (*Lithothamnion calcareum*) providing calcium and magnesium, hydroponically grown cruciferous vegetable powder providing: chromium, copper, manganese, zinc, iron (& from ferrous fumarate), magnesium (as citrate), selenium (& from selenium yeast), molybdenum (& from sodium molybdate). Calcium ascorbate (providing vitamin C), vitamin B5 (as calcium pantothenate), vitamin E (as d-alpha tocopherol), vitamin B3 (as nicotinamide), vitamin D3 cholecalciferol (maltodextrin, corn starch, ascorbyl palmitate), Iodine (from kelp), beta carotene (*Daucus carota*) starch, corn starch, d-alpha tocopherol. Vitamin B6 (as P5P), para-aminobenzoic acid (PABA), vitamin B1 (as thiamine Hcl), boron (as disodium tetraborate decahydrate), vitamin B2 (as riboflavin), vitamin K2 (MK-7), folic acid (as 5-methyltetrahydrofolic acid), B12 (as methylcobalamin), biotin, cellulose, silicon dioxide, stearic acid, hydroxypropyl methylcellulose, glycerine (tablet coating).

Suggested Intake: 2 tablets daily with food as a food supplement or as directed by a practitioner.

Allergen Advice: None.

Contraindications: None.

Storage: Keep cool, dry & out of direct sunlight.



Product Information:

60 tablets = 30 days supply

Permitted Health Claims:

Please refer to pages 46-53

Suitable for:

All stages of preconception, pregnancy, and breastfeeding

Form:

Tablet

