

Postnatal Tablet for New Mothers

Benefits⁽¹⁾

(EFSA-approved claims in italics)

A well-balanced postnatal formula to support new mothers. Helps to reduce tiredness and fatigue and helps maintain healthy skin, hair and nails.

Vitamins, B2, B6, B12, pantothenic acid, folic acid, vitamin C, iron and manganese contribute to the reduction of tiredness and fatigue and to normal energy-yielding metabolism.

Iron and vitamins B6 and B12 contribute to normal formation of red blood cells. Iron is also an essential part of the red blood pigment haemoglobin and contributes to normal oxygen transport in the body.

Biotin, niacin and iodine contribute to the maintenance of normal skin and vitamin C helps to support collagen formation for the normal function of skin.

Selenium and zinc contribute to the maintenance of normal hair, copper supports normal hair pigmentation.

Biotin, chromium and zinc contribute to normal macronutrient metabolism.

Also contains L-cysteine, collagen and horsetail extract, together with grape seed extract, and citrus bioflavonoids.

These are important nutrients which help protect and maintain healthy skin, hair and nails.

Direction for use / Dosage

Take 2 tablets per day.

Tablet type / Size

Swallowable tablet, approx. 1.5g

Packaging

Available in blisters (in retail carton) and jars.

Active ingredients

Per 2 tablets		
Ingredient	Label claim	%NRV*
Vitamin A (RE)	800 µg	100
Vitamin B1	7.7 mg	700
Vitamin B2	3.2 mg	250
Niacin (NE)	16 mg	100
Pantothenic acid	30 mg	500
Vitamin B6	7 mg	500
Vitamin B12	10 µg	400
Folic acid	400 µg	200
Biotin	150 µg	300
Vitamin C	40 mg	50
Vitamin D	15 µg	300
Vitamin E (α-TE)	12 mg	100
Calcium	400 mg	50
Chromium	40 µg	100
Copper	1 mg	100
Iodine	150 µg	100
Iron	14 mg	100
Magnesium	75 mg	20
Manganese	0.5 mg	25
Selenium	100 µg	182
Zinc	15 mg	150
Collagen	200 mg	-
Grape seed extract	15 mg	-
Horsetail extract	200 mg	-
L-Cysteine	30 mg	-

*Nutrient Reference Value (EU) 1169/2011

⁽¹⁾Please note this information is intended as a guide only and is not legally binding. It is the customer's responsibility to ensure regulatory compliance in the country of sale.