

# Pregnancy Liquid

## Benefits<sup>(1)</sup>

*(EFSA-approved claims in italics)*

A multi-ingredient liquid specially formulated for Pregnant women.

Contains 17 vitamins and minerals, together with choline, in a delicious mixed fruit-flavoured liquid with no metallic or vitamin aftertaste.

Choline is an important nutrient needed for brain development.

*Supplemental folic acid intake increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus.*

*Iron contributes to normal cognitive development of children. Iron also contributes to normal formation of red blood cells and haemoglobin, and to normal oxygen transport in the body.*

*Iodine, niacin, biotin and vitamin B1 contribute to normal cognitive function and functioning of the nervous system, and pantothenic acid contributes to normal mental performance.*

*Vitamins B2, B6, B12 and folic acid contribute to normal red blood cell formation and vitamin C contributes to normal collagen formation for the normal function of blood vessels.*

*Vitamin D is needed for normal growth and development of bone in children and vitamin K contributes to normal blood clotting.*

*Copper, selenium, zinc and vitamin E contribute to the protection of cells from oxidative stress.*

## Directions for use / Dosage

Use the measuring cup provided.  
Take 10ml once per day.

## Packaging

200ml amber glass bottle with white HDPE screw cap and label. In retail carton with measuring cup.

## Active ingredients

Per 10ml dose			
Ingredient	Label claim		%NRV*
Vitamin B1	2.2	mg	200
Vitamin B2	1.4	mg	100
Niacin (NE)	20	mg	125
Pantothenic acid	9	mg	150
Vitamin B6	3.5	mg	250
Vitamin B12	2.5	µg	100
Folic acid	400	µg	200
Biotin	75	µg	150
Vitamin C	40	mg	50
Vitamin D	10	µg	200
Vitamin E (α-TE)	6	mg	50
Vitamin K	50	µg	66.67
Copper	1	mg	100
Iron	17	mg	121
Iodine	150	µg	100
Selenium	55	µg	100
Zinc	10	mg	100
Choline	50	mg	-

\*Nutrient Reference Value (EU) 1169/2011

<sup>(1)</sup>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.