

Pregnancy Tablet

Benefits⁽¹⁾

(EFSA-approved claims in italics)

A swallowable tablet containing essential vitamins and minerals, specially formulated for breastfeeding mothers.

Vitamins B1, B2, B6, B12, niacin, pantothenic acid and biotin contribute to normal functioning of the nervous system and to normal energy-yielding metabolism. Pantothenic acid also contributes to normal mental performance.

Vitamin C, selenium and zinc contribute to the normal function of the immune system. Vitamin C and vitamin E also contribute to the protection of cells from oxidative stress.

Vitamin B6 and folic acid contribute to the reduction of tiredness and fatigue.

Vitamins B2, B6, iron and folic acid contribute to the maintenance of normal red blood cells.

Calcium, magnesium, zinc, vitamin D and vitamin K contribute to the maintenance of normal bones.

Copper, magnesium and selenium contribute to normal energy-yielding metabolism and the protection of cells from oxidative stress.

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 B1	4.4	mg	455
Vitamin B2	2.1	mg	150
Niacin (NE)	16	mg	100
Pantothenic acid	6	mg	100
Vitamin B6	7	mg	500
Vitamin B12	7.5	µg	300
Biotin	150	µg	300
Folic acid	600	µg	300
Vitamin C	40	mg	50
Vitamin D	15	µg	300
Vitamin E (α-TE)	6	mg	50
Vitamin K	50	µg	66.67
Calcium	400	mg	50
Copper	1	mg	100
Iodine	150	µg	150
Iron	17	mg	82
Magnesium	150	mg	40
Selenium	55	µg	100
Zinc	15	mg	150

*Nutrient Reference Value (EU) 1169/2011

**No reference value available

⁽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.

