

Ante-Natal Forte (pregnancy formulation)

Ingredients typically per vegetable capsule

Magnesium Ascorbate (providing 170mg vitamin C) (providing 13mg elemental magnesium)	217mg	Bilberry 4:1 (<i>Vaccinium myrtillus</i>) (as a source of non-citrus flavonoids)	10mg
Magnesium Citrate (providing 18mg elemental magnesium)	130.5mg	Iron Citrate (providing 1.4mg elemental iron)	8.5mg
Calcium Citrate (providing 24.1mg elemental calcium)	120.5mg	Vitamin B6 (from pyridoxine hydrochloride)	5mg
Vitamin E 37i.u. (natural source) (providing 37iu vitamin E as D-Alpha Tocopherol Acetate with modified tapioca starch & sunflower oil)	74mg	Vitamin D2 100i.u. (ergocalciferol) (providing 100iu or 2.5µg vitamin D2 with cellulose, hydroxypropyl methylcellulose & d-alpha tocopherol)	1mg
Beta Carotene (natural source) 5,832i.u. (providing 3.5mg or 583.3µg retinol equivalents of beta carotene with modified tapioca starch, olive oil, natural mixed tocopherols, sunflower oil, ascorbic acid & ascorbyl palmitate)	37mg	Folic Acid	200µg
Zinc Citrate (providing 8.6mg elemental zinc)	27.7mg	Sodium Selenite	112µg
		Vitamin B12 (hydroxycobalamine)	25µg
Non-active Ingredients:		Capsule:	
None		Cellulose* & Water	
		* Cellulose - HPMC hydroxypropyl methylcellulose	

Nutritional Information per Daily Intake (2 capsules)

	% EC RDA			% EC RDA	
Vitamin C	340mg	566.7%	Iron	2.8mg	20%
Magnesium	62mg	20.6%	Folic Acid	400µg	200%
Vitamin E 74i.u. (natural source)	50mg	500%	Selenium	100µg	-
Calcium	48.2mg	6%	Vitamin B12	50µg	5000%
Bilberry Extract	20mg	-	Vitamin D2 200i.u.	5µg	200%
Zinc	17.2mg	114.7%			
Vitamin B6	10mg	500%			
Beta Carotene 11664i.u. (natural source) (providing 1.17mg retinol equivalents)	7mg	-			

RDA = Recommended Daily Allowance

Ingredients:
Magnesium Ascorbate, Magnesium Citrate, Capsule (Hydroxypropyl methylcellulose & Water), Calcium Citrate, Modified Tapioca Starch, Zinc Citrate, Vitamin E (as D-Alpha Tocopherol Acetate¹), Bilberry Extract, Sunflower Oil, Olive Oil, Iron Citrate, Vitamin B6 (as Pyridoxine Hydrochloride), Beta Carotene, Cellulose, Hydroxypropyl methylcellulose, Folic Acid, Antioxidants (Ascorbic Acid, Ascorbyl Palmitate & Natural Mixed Tocopherols¹), Sodium Selenite, Vitamin B12 (as Hydroxycobalamine, Vitamin D2 (as Ergocalciferol).

Recommended Intake

Two capsules taken daily with food or as professionally directed.

Allergen Information

¹ From Soya

Contra-indications

None known if recommended intake is followed.

Suggested Combinations

Bio-Acidophilus or Bio-Acidophilus Forte, FolGuard & Mega EPA 1000.