



PREGNAVIT

Provides the required amounts of folic acid, iron, calcium and vitamin D which are important throughout the pregnancy period.

PREGNAVIT HELPS TO

- » Reduces nausea and vomiting.
- » Supports proper development of brain, nerves and immune system.
- » Reduces the risk of postpartum depression.

Supplement Facts

Serving Size: 1 Tablet
Servings per container: 60

Active Ingredients	Amount per serving	%DV*
Vitamin A (Acetate).....	1500 IU	30%
Beta Carotene.....	2500 IU	50%
Vitamin E (dl-alpha Tocopheryl Acetate).....	30 IU	100%
Vitamin C (Ascorbic Acid).....	90 mg	150%
Folate (Folic acid).....	1 mg	252%
Vitamin B1 (Thiamine Hydrochloride).....	1.5 mg	100%
Vitamin B2 (Riboflavin).....	1.5 mg	89%
Vitamin B3 (Nicotinic Acid).....	20 mg	100%
Pantothenic Acid.....	6.0 mg	60%
Vitamin B6 (Pyridoxine Hydrochloride).....	2 mg	100%
Vitamin B12 (Cyanocobalamin).....	3 mcg	50%
Vitamin D 3 (Cholecalciferol).....	400 IU	101%
Biotin.....	30 mcg	10%
Calcium (Calcium Carbonate).....	250 mg	25%
Iodine (Potassium Iodide).....	0.22 mg	147%
Iron (Ferrous Sulphate).....	27 mg	150%
Magnesium (Magnesium Oxide).....	50 mg	13%
Copper (Copper Acetate).....	1 mg	50%
Manganese (Sulfate).....	2 mg	100%
Chromium (Chromium Chloride).....	25 mcg	21%
Molybdenum (Sodium Molybdate).....	50 mcg	67%
Selenium (Sodium Selenite).....	30 mcg	43%
Zinc (Zinc Oxide).....	8 mg	53%

* Percent Daily Values (DV) are based on a 2000 calorie diet.

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