



Pregnancy+

USES & BENEFITS

Conception, Pregnancy and Post-partum



NUTRITIONAL INFORMATION

One tablet typically provides;		%NRV
Vitamin D	10.0ug	200
Vitamin E	268mg αTE	33
Vitamin K	75.0ug	100
Vitamin C	75.0mg	94
Thiamine (B1)	2.5mg	227
Riboflavin (B2)	2.0mg	143
Niacin (B3)	180.0mg NE	113
Vitamin B6	10.0mg	714
Folic Acid	400.0ug	200
Vitamin B12	5.0ug	200
Biotin	160.0ug	320
Pantothenic Acid	6.0mg	100
Magnesium	180.0mg	48
Iron	20.0mg	140
Zinc	10.0mg	100
Copper	1.0mg	100
Manganese	1.0mg	50
Selenium	40.0ug	73
Iodine	160.0ug	107
Beta Carotene	2.0mg	NA

SUGGESTED USE

Adults; Swallow **one (1) tablet** per day with food. **Or** As directed by your health professional or pharmacist

Containing 20 of the most comprehensive nutritional support through all stages of pregnancy from conception to breast feeding.

Because about half of all pregnancies are unplanned, it's recommended that any woman who could get pregnant take Vitameen Pregnancy Support daily, starting before conception and continuing for the first 12 weeks of pregnancy.

Vitameen Pregnancy Support vitamins are free of gluten, wheat, dairy, artificial colors, and artificial sweeteners. GMO Free.

VEGETARIAN

YES

AVAILABLE SKUs

30, 60, 90 tablets

STORAGE INSTRUCTIONS

Store in a cool dry place, between **15°-30°** and relative humidity between **35-60%**

WARNING

Keep out of the reach of children. Consult with your physician before using this product if you are pregnant or lactating have a known medical condition or are taking medications.