

PRODUCT INFORMATION:

Three tablets typically provide:

Three tablets typically provide:		% NRV*		% NRV*
Vitamin D (300iu)	7.5µg	150	Calcium	519mg 65
Vitamin E (90iu)	60mg α-TE	500	Magnesium	225mg 60
Vitamin K	90µg	120	Iron	5mg 36
Vitamin C	322mg	403	Zinc	15mg 150
Thiamin (vitamin B1)	50mg	4545	Manganese	3.9mg 195
Riboflavin (vitamin B2)	50mg	3571	Selenium	45µg 82
Niacin (vitamin B3)	90mg NE	563	Chromium	45µg 113
Vitamin B6	9.9mg	707	Iodine	45µg 30
Folic acid	405µg	203	Beta-carotene	4.5mg
Vitamin B12	15µg	600	Boron	1.5mg
Biotin	75µg	150	Choline	30mg
Pantothenic acid (vitamin B5)	75mg	1250	Inositol	30mg

*NRV = Nutrient Reference Value

INGREDIENTS: Natural lithothamnion calcarea, bulking agent: microcrystalline cellulose; magnesium citrate, calcium ascorbate (bulking agent: hydroxypropyl methylcellulose), magnesium oxide, calcium citrate, magnesium ascorbate, calcium pantothenate, enzyme pre-digested iron fermented with *Saccharomyces cerevisiae* (**soya**), nicotinamide, natural kelp powder†, thiamine hydrochloride, D-alpha tocopheryl succinate, choline bitartrate, coating: hydroxypropyl methylcellulose (glycerine), riboflavin, zinc citrate, anti-caking agent: stearic acid; anti-caking agent: silicon dioxide, inositol, anti-caking agent: magnesium stearate; beta-carotene (antioxidant: dl-alpha tocopherol), manganese citrate, pyridoxine HCl, sodium borate, biotin, ergocalciferol prep, l-selenomethionine, folic acid, cyanocobalamin, vitamin K1 (stabiliser: sucrose), chromium picolinate, copper citrate. †May contain naturally occurring fish and crustacea. (Allergens in **bold**)

This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE

MUM-2-BE

Multivitamins,
minerals &
folic acid



30 tablets
vegetarian and vegan

MUM-2-BE**FOOD SUPPLEMENT - 30 TABLETS**

- ✓ Folic acid contributes to maternal tissue growth during pregnancy
- ✓ Formulated to provide essential nutrients important for the health of both the mum-to-be and her unborn child
- ✓ The department of health advises women, both when planning and during pregnancy, to take a 400µg folic acid supplement daily

DIRECTIONS: Pregnant women take 3 tablets a day, 1 with each meal. Do not exceed recommended daily intake. Food supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.

FREE FROM: Artificial colours, flavourings or preservatives, dairy products, gluten, lactose, wheat.

WARNING: This level of folic acid should only be taken for short periods, unless pregnant or planning pregnancy. B vitamins may turn urine bright yellow - this is normal.

STORAGE: Store in a cool, dry place out of reach of children.

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