

PRODUCT INFORMATION:

Three tablets typically provide:

		%NRV*			%NRV*
Vitamin D (300iu)	7.5µg	150	Calcium	523mg	65
Vitamin E (90iu)	60mg α-TE	500	Magnesium	212mg	57
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: Lithothamnium calcareum, 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, kelp powder†, thiamine HCl, d-alpha tocopheryl succinate, choline bitartrate, riboflavin, zinc citrate, anti-caking agent: stearic acid, anti-caking agent: silicon dioxide, coating: hydroxypropyl methylcellulose (glycerine), inositol, anti-caking agent: magnesium stearate, beta-carotene (antioxidant: dl-alpha tocopherol), manganese citrate, pyridoxine HCl, sodium borate, ergocalciferol prep., l-selenomethionine, vitamin K1 (stabiliser: sucrose), folic acid, chromium picolinate, cyanocobalamin, copper citrate, biotin. †May contain naturally occurring fish and crustacea. (Allergens in **bold**)

STORAGE: Store in a cool, dry place out of reach of children. This product has not been tested on animals.

HIGHER NATURE®

LIFE STAGE

PREGNANCY PLUS

Multivitamin with
minerals for fertility,
pregnancy & beyond

24 essential nutrients
including folic acid

90 tablets
vegetarian and vegan



PREGNANCY PLUS FOOD SUPPLEMENT - 90 TABLETS

- ✓ Formulated to support you and your little one throughout your journey
- ✓ The Department of Health recommends 400µg of folic acid when planning for and during pregnancy
- ✓ Folic acid contributes to maternal tissue growth
- ✓ Zinc contributes to normal fertility and reproduction

DIRECTIONS: Pregnant women take 3 tablets a day, ideally 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.

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