

Pregnancy Care Advanced is scientifically formulated to provide key nutritional support during preconception, pregnancy and lactation; including high strength iodine, vitamin K2, absorption friendly minerals, activated B vitamins, lutein and choline.

This product contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. When trying to conceive and during the first trimester of pregnancy, folic acid helps to prevent neural tube defects (NTD) such as spina bifida and/or anencephaly. **WARNING** - Do not exceed the stated dose except on medical advice. If you have had a baby with a neural tube defect/spina bifida, seek medical advice. Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible. [Contains vitamin B6]. Store below 30°C. Do not use if cap and/or bottle seals are missing or broken.



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Pregnancy Care Advanced

Specialised Nutrition for Preconception, Pregnancy and Lactation.

60 Vegan Tablets

Dietary Supplement AUST L 351517

PRACTITIONER ONLY

Each tablet contains:

Choline (as Choline bitartrate 168 mg)
Lutein

69 mg
1 mg

Vitamins

Ascorbic acid (as Calcium ascorbate dihydrate 60.5 mg) (Vitamin C) 50 mg
Betacarotene 3 mg
Menaquinone 7 (Vitamin K2) 15 micrograms
Colecalciferol (Vitamin D3) 12.5 micrograms
Equivalent Vitamin D3 500 IU
Thiamine hydrochloride (Vitamin B1) 12.5 mg

Riboflavin sodium phosphate (Vitamin B2) 12.5 mg
Nicotinamide (Vitamin B3) 15 mg
Calcium pantothenate (Vitamin B5) 12.5 mg
Pyridoxal 5-phosphate monohydrate (Vitamin B6) 12.5 mg
Pyridoxine hydrochloride (Vitamin B6) 12.5 mg
Folic acid 200 micrograms
Levomefolic acid (5-MTHF) (as Levomefolate glucosamine 89 micrograms) 50 micrograms
Mecobalamin (Co-methylcobalamin) (Vitamin B12) 250 micrograms
Biotin 35 micrograms

Minerals

Iron (as Iron amino acid chelate 60 mg) (Meta Fe® - Iron bisglycinate) 12 mg
Zinc (as Zinc amino acid chelate 50 mg) (Meta Zn® - Zinc bisglycinate) 10 mg
Manganese (as Manganese amino acid chelate 8 mg) 1.3 mg
Iodine (as Potassium iodide 195.6 micrograms) 149.5 micrograms
Chromium (as Chromium nicotinate 250 micrograms) 25 micrograms
Molybdenum (as Molybdenum trioxide 37.5 micrograms) 25 micrograms
Selenium (as Selenomethionine 62.5 micrograms) 25 micrograms

Directions for use: Adults: Take 1 tablet twice daily with food for at least one month before conception, during pregnancy and lactation, or as directed by your healthcare professional.

If symptoms persist consult your healthcare professional. Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. Vitamin and mineral supplements should not replace a balanced diet.

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