

Supplement facts

Serving size: 1 capsule

% Daily Value

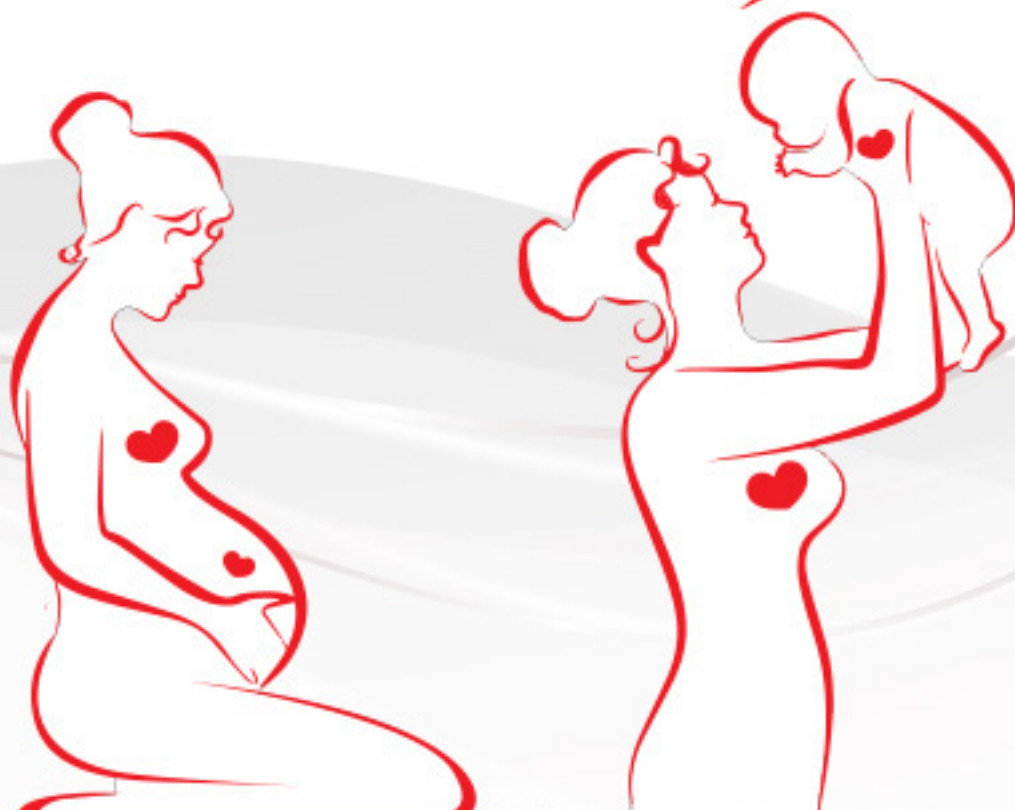
Nano Calcium Carbonate	400	mg	*
Fish oil DHA powder	200	mg	*
Fish oil EPA powder	45	mg	*
Oyster	40	mg	*
Kelp	30	mg	*
Ascorbic Acid (Vitamin C)	30	mg	33%
Magnesium Oxide	20	mg	*
Psyllium Husk extract	17.5	mg	*
Iron (Ferrous Bisglycinate Chelate) powder	15.7	mg	*
Chicory Inulin	15	mg	*
Zinc Sulphate Heptahydrate	15	mg	*
D-α tocopherol succinate (Vitamin E)	6.7	mg	45%
Pyridoxine HCl (Vitamin B6)	2	mg	118%
Thiamine (Vitamin B1)	2	mg	167%
Riboflavin (Vitamin B2)	2	mg	154%
Niacin (Vitamin B3)	2	mg	13%
Axit pantothenic (Vitamin B5)	2	mg	40%
Beta Carotene (Vitamin A)	1	mg	*
Folic Acid	300	mcg	75%
Iodine (from Potassium iodide)	80	mcg	53%
Cyanocobalamin (Vitamin B12)	10	mcg	357%
Menaquinone-7 (Vitamin K2-MK7)	4	mcg	*
Cholecalciferol (Vitamin D3)	2.5	mcg	13%

* Daily Value not established



Everyday Health

promum diamond PLUS



Pregnancy

Lactation

59 natural trace elements added
from premium oyster

30

POWER
PACKED
CAPSULES

Dietary supplement

The innovative formula contained premium natural New Zealand ingredients combined with high standard vitamins and minerals, Promum Diamond Plus is a comprehensive complement meet the demand of pregnant mothers and their babies.

✓ Manufactured under GMP

DIRECTIONS:

The usual dose is 1 capsule per day or following doctor's instructions.

CAUTION:

If you suffer from any health problem, allergic to oyster or on medications consult a physician before using.

Manufacturer:

Everyday Health Ltd

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www.everydayhealth.nz

www.promum.nz



Batch no:

Best before: