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Batch No. and Best Before End

A researched-based formula combining premium quality and bioavailable forms of nutrients in no-nausea Delayed Release capsules. Providing optimum nutritional support for preconception, pregnancy and beyond.

www.inessawellness.com

DIRECTIONS: Take 2 capsules daily with food, or as recommended by a healthcare professional. Do not exceed the recommended intake. Do not use as a substitute for a varied diet and healthy lifestyle.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

STORE IN A COOL, DRY PLACE AND OUT OF SIGHT AND REACH OF CHILDREN.

OTHER INGREDIENTS: Hydroxypropyl Methylcellulose (Plant Fibre).

Manufactured for Inessa, 78 York Street, London, W1H 1DP, UK
(619) 639-8680
Produced in the UK



INESSA

PREGNANCY MULTINUTRIENT

BIOACTIVE NUTRITIONAL SUPPORT
FOR BEFORE, DURING AND AFTER
PREGNANCY

VEGAN • DIETARY SUPPLEMENT

60 CAPSULES

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

	Amount per serving	% Daily Value
Vitamin A (beta carotene(from dunaliella salina))	250mcg	28%
Vitamin C (calcium ascorbate)	160mg	178%
Vitamin D (cholecalciferol)	25mcg	125%
Vitamin E (natural d-alpha tocopherol succinate)	6mg	40%
Vitamin K (menaquinone-7)	90mcg	75%
Thiamin (as thiamine hydrochloride)	8mg	667%
Riboflavin (riboflavin, riboflavin 5' phosphate)	5mg	385%
Niacin (nicotinamide)	20mg	125%
Vitamin B6 (pyridoxal 5' phosphate, pyridoxine hydrochloride)	10mg	588%
Folate (L-5-methyltetrahydrofolate)	660mcg DFE (400mcg folic acid)	165%
Vitamin B12 (methylcobalamin)	20mcg	833%
Biotin	150mcg	500%
Pantothenic Acid (d-calcium pantothenate)	6mg	120%
Choline (choline bitartrate)	250mg	45%
Iron (ferrous bisglycinate)	18mg	100%
Iodine (from kelp extract)	150mcg	100%
Zinc (zinc citrate)	15mg	136%
Selenium (sodium selenate)	55mcg	100%
Copper (copper citrate)	1mg	111%
Manganese (manganese citrate)	1mg	43%
Chromium (chromium polynicotinate)	40mcg	114%
Co Enzyme Q10 (Ubiquinone)	30mg	*
Inositol (50% D-Chiro, 50% Myo)	15mg	*
Lutein (Marigold Flower Extract)	3mg	*
Alpha-Carotene	95mcg	*
Cryptoxanthin	24mcg	*
Zeaxanthin	19mcg	*
Organic Ginger Root Powder	100mg	*

*Daily Value not established.