

Super Multi for Pregnant

Description

Product number B064 - 100 Vecaps

This multivitamin focuses on the changed micronutrient needs during pregnancy.

Iodine contributes to normal thyroid hormone production and - like selenium - normal thyroid function. Iodine also contributes to a normal energy-yielding metabolism. Chromium contributes to the maintenance of normal blood sugar levels. Zinc contributes to a normal metabolism of carbohydrates and fatty acids, a normal protein synthesis, a normal DNA synthesis and normal fertility and reproduction. Like vitamin D3, folic acid and vitamin B12, zinc also plays a role in the cell division process. Vitamins C and E, zinc and selenium help protect cells against oxidative stress.

This new multi contains biologically bound, highly absorbable minerals and vitamins in their coenzyme form, such as methyl tetrahydrofolate (active coenzyme form of the vitamin folate) and dibencoside and methylcobalamin (both active coenzyme forms of vitamin B12). To prevent oxidative stress, the iron content has been kept relatively low. No herbs or organ extracts have been added to this multi.

Ingredients and% Reference Intake per vegetarian capsule:

Vitamin A palmitate 2000 IU = 600 mcg 75%

Beta carotene 3 mg 31% (RE)

Vitamin D3 400 IU = 10 mcg 200%

Vitamin K2 (MK-7) from Natto 20 mcg 26.7%

Lycopene 2 mg

Vit. B1 (thiamine-HCL) 10 mg 811%

Vit. B1 (thiamine cocarboxylase) 5 mg 295%

Vit. B2 (riboflavin) 10 mg 714%

Vit. B2 (riboflavin-5-phosphate) 5 mg 268%

Vit. B3 (niacinamide) 20 mg 125%

Inositol hexaniacinate 25 mg 121%

Vit. B5 (calcium pantotenat) 35 mg 530%

Vit. B5 (panthetin, pro-CoA) 5 mg 83%

Vit. B6 (pyridoxal-5-phosphate) 10.0 mg 489%

Active folic acid: 5-Methyltetrahydrofolate 500 mcg 250%

Vit. B12 (hydroxycobalamin) 50 mcg 1914%

Vit. B12 (dibencoside) 50 mcg 1685%

Vit. B12 (methylcobalamin) 50 mcg 1977%

R + Alpha lipoic acid 7.5 mg

PABA 20 mg
Biotin 200 mcg 400%
Choline (bitartrate) 40 mg
Inositol 25 mg
N, N-Dimethylglycine (vit. B15) 5 mg
Trimethylglycine (betaine base) 30 mg
Vit. C (calcium ascorbate) 106 mg 132%
Vit. C (ascorbyl palmitate) 7 mg 3.75%
OPC 5 mg
Grapeskin extract 10 mg
Vit. E (d, a-tocopherol succinate) 30 IU
Coenzyme Q10 5 mg
GTF chromium (chromium picolinate) 50 mcg 125%
Selenium (L-Selenomethionine) 75 mcg 136%
Zinc (L-zinc monomethionine) 7.5 mg 75%
Calcium (ascorbate) 10 mg 1.25%
Magnesium (bisglycinate) 35 mg 9.33%
Manganese (bisglycinate) 2 mg 100%
Boron (boric acid) 0.5 mg
Iodine (potassium iodate) 125 mcg 83%
Molybdenum (sodium molybdate) 25 mcg 50%
Copper (bisglycinate) 0.5 mg 50%
Iron (aminochelate) 2.1 mg 15%

Capsule wall: HPMC. Fillers: vegetable magnesium stearate, microcrystalline cellulose. Anti-caking agent: silicon dioxide.

All minerals are listed in basic amounts. This product does not contain gluten, lactose, milk proteins or animal gelatin. The vitamin K2 from Natto may contain minor traces of SOY. Close the packaging well after use and store in a dry place (not in the refrigerator).

Usage and warnings:

Adults take 1 capsule daily with meals, or as advised by an expert. Close the packaging well after use and store in a dry place (not in the refrigerator due to condensation).

Do not exceed recommended dosage. Keep out of reach of children. This dietary supplement is not suitable for children up to and including 17 years old. Do not use in hypersensitivity to any of the ingredients in this product. A dietary supplement is not a substitute for a balanced diet.

