

Pregnazon Complete Capsules - HealthAid

Pregnazon Complete is the ideal formulation, providing all the essential vitamins and minerals together with DHA & EPA rich Omega-3 for optimum brain and eye development. It is specially formulated and carefully balanced to provide the recommended daily intake of Folic Acid and Vitamin D, along with 19 other beneficial nutrients which offer optimum nutritional support for all stages of pregnancy and early motherhood. Pregnazon® Complete is an ideal supplement from pre-conception, through pregnancy and breastfeeding.

Pregnazon Complete Capsules may be of benefit to:

- Women who are preparing for a pregnancy
- Women who are already pregnant (at any stage of the 40 week pregnancy cycle)
- Women who have just given birth
- Women who are breast-feeding

When Should I Take Pregnazon Complete Capsules?

Pregnazon Complete Capsules should be taken as a pre- and post-natal vitamin and mineral supplement. It is ideal from pre-conception up until the end of your breast-feeding period. Start taking *Pregnazon Complete* capsules even *before* conception (if possible), as it is high in Folic Acid, Iron, Vitamin B12 and Zinc. Continue throughout the gestation and the breast-feeding period to help supply the extra nutrients needed for the mother and the growing baby.

Two Pregnazon Complete capsules contains (average):		%NRV	Two Pregnazon Complete capsules contains (average):		%NRV	Recommended Daily Intake of Pregnazon Complete Capsules: Two capsules daily with a main meal. Do not exceed recommended daily intake unless advised by a suitably qualified person. Pregnazon Complete should preferably be taken on a full stomach. ** Allergy Information: For allergens, see ingredients in bold. ** Food Supplements should not be
Natural Beta Carotene	800µg	*	Vitamin D3 (800iu)	20µg	400	
Vitamin E (37iu)	25mg	208	Vitamin C	100mg	125	
Thiamin (vitamin B1)	4mg	364	Riboflavin (vitamin B2)	3mg	214	
Niacin (vitamin B3)	20mg	125	Vitamin B6	10mg	714	
Folic Acid	800µg	400	Vitamin B12	6µg	240	
Biotin	150µg	300	Pantothenic Acid	6mg	100	
Vitamin K	75µg	100	Calcium	125mg	16	
Iron†	40mg	286	Magnesium	150mg	40	
Zinc	15mg	150	Iodine	150µg	100	
Copper	1mg	100	Selenium	55µg	100	
Fish Oil				600mg	*	
Which Provides:						

Omega-3	390mg	*	EPA	60mg	*
DHA	308mg	*	*: EC Nutrient Reference Value Not Yet Established		

used as a substitute for a varied and balanced diet and healthy lifestyle.

Ingredients For Pregnazon Complete Capsules:

Capsule Shell (gelatin, glycerol, water, titanium dioxide, sodium copper chlorophyllin powder), Omega **Fish oil** concentrate, Magnesium Oxide, Ferrous fumarate, Calcium carbonate, Vitamin C (ascorbic acid), Vegetable shortening, Natural Vitamin E (D-alpha tocopherol), Vitamin B3 (niacinamide), Lecithin unbleached, Zinc oxide, Palm oil, Vitamin B6 (pyridoxine hydrochloride), Vitamin B5 (pantothenic acid), Vitamin B12 (maltodextrin, cyanocobalamin), Vitamin B1 (thiamine mononitrate), Sodium selenite, Potassium iodine, Vitamin B2 (riboflavin), Natural Beta Carotene, Cupric sulfate anhydrous, Folic acid, Vitamin D3 (cholecalciferol), Biotin, Vitamin K (phytomenadione).

† This product contains iron, which if taken in excess, may be harmful to very young children. Keep out of sight and reach of children. This amount of iron may cause mild stomach upset in sensitive individuals.