

Pregnazon Tablets - HealthAid

Specially formulated and carefully balanced to provide the recommended daily intake of Folic Acid (400ug) along with 22 other beneficial nutrients which offer optimum nutritional support for all pregnancy stages and early motherhood. Pregnazon® is an ideal supplement from pre-conception through pregnancy and breastfeeding.

Pregnazon Tablets 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 Tablets?

Pregnazon Tablets 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 Tablets even before conception (if possible), as it is high in Folic Acid, Iron, Vitamin B12 and Zinc, which may help with complications due to vitamin and mineral deficiencies and ensures proper neural tube development and cell division. Continue throughout the gestation and the breast-feeding period to help supply the extra nutrients needed for the mother and the growing baby.

Each Pregnazon Tablet contains (avg.):			Each Pregnazon Tablet contains (avg.):			Recommended Daily Intake of Pregnazon Tablet :
		%NRV			%NRV	
Vitamin D (200iu)	5µg	100	Vitamin E (37iu)	25mg	208	One Pregnazon Tablet daily with a main meal. Pregnazon® should only be taken on a full stomach. Do not exceed recommended daily intake unless advised by a suitably qualified person. Caution: This product contains iron, which if taken in excess, may be harmful to very young children. ** Food Supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.
Vitamin C	75mg	94	Thiamin (vitamin B1)	4mg	364	
Riboflavin (vitamin B2)	3mg	214	Niacin (as nicotinamide)	20mg	125	
Vitamin B6	10mg	714	Folic Acid	400µg	200	
Vitamin B12	6µg	240	Biotin	150µg	300	
Pantothenic Acid	6mg	100	Vitamin K	75µg	100	
Selenium	35µg	64	Iron >	20mg	143	
Magnesium	100mg	27	Zinc	15mg	150	
Iodine	150µg	100	Copper	1mg	100	
Rutin	10mg	*	Inositol	25mg	*	
Choline	10mg	*	*: EC Nutrient Reference Value Not Yet Established			

Ingredients for Pregnazon Tablets:

Bulking Agent (di-calcium phosphate, microcrystalline cellulose), Magnesium Oxide, Vitamin C (ascorbic acid), Iron > (ferrous fumarate), Zinc Citrate, Inositol, Choline Bitartrate, Natural Vitamin E (d-alpha tocopheryl succinate),

Niacin (nicotinamide), Anti-caking Agent (silica, veg. magnesium stearate,), Stabiliser (crosslinked sodium carboxy methyl cellulose, glycerine), Binding Agent (acacia gum), Acacia Gum, Vitamin B6 (pyridoxine HCl), Rutin, Pantothenic Acid (calcium pantothenate), Thiamin (Thiamine HCl), Riboflavin (vitamin B2), Copper Citrate, Folic Acid, Potassium Iodide, D-Biotin, Sodium Selenite, Vitamin K1 (phylloquinone, acacia gum, sucrose), Chromium Chloride, Vitamin B12 (cyanocobalamin), Vitamin D2 (ergocalciferol)

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