



Prenatal 2 Tablets

Nutritional supplement with folic acid, iodine and other important nutrients
From the 13th week of pregnancy and during breastfeeding

Useful information: In the 13th week of pregnancy, there is a changed need for important nutrients. Folic acid plays a role in cell division and blood formation and contributes to the growth of maternal tissue during pregnancy. This affects the placenta, for example, through which the baby is supplied with all important nutrients in the womb. Zinc is crucial for protein synthesis as well as cell division, influences the transmission of genetic information and contributes to normal visual function. Iodine contributes to normal production of thyroid hormones and normal thyroid function. Calcium supports healthy bone structure. Vitamin D3 additionally contributes to the provision of calcium and ensures the maintenance of healthy bones, muscles and teeth.

Ingredients: Tricalcium Citrate, filler Microcrystalline Cellulose, Vitamin C, Zinc Gluconate, Niacin, separating agent Magnesium Stearate, Vitamin D3, Vitamin B6 Hydrochloride, Vitamin B1 Mononitrate, Vitamin B2, Folic Acid, Potassium Iodide, filler Sodium Citrate, Vitamin B12.

	per tablet	per daily dose (= 2 tablets)	% of NRV recommended daily dose*
Folic acid	200 µg	400 µg	200
Iodine	75 µg	150 µg	100
Calcium	138 mg	276 mg	35
Vitamin C	32 mg	64 mg	80
Niacin	5 mg	10 mg	63
Zinc	1.7 mg	3.4 mg	34
Vitamin B1	0.55 mg	1.1 mg	100
Vitamin B2	0.7 mg	1.4 mg	100
Vitamin B6	0.7 mg	1.4 mg	100
Vitamin D3	5 µg (200 I.U.)	10 µg (400 I.U.)	200
Vitamin B12	1.25 µg	2.5 µg	100

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

Recommended dose: From the 13th week of pregnancy: take 1-2 tablets daily with sufficient liquid, following the physician's instructions.

For pregnant women who do not (regularly) eat high-fat saltwater fish, we recommend adding omega-3 fatty acids (such as fish oil capsules) to achieve the average intake of 200 mg DHA/day.

Keep dry and out of direct sunlight. Store below 25°C. Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

Contents 100 tablets = 78 g

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