



Prenatal 1 Pregnancy planning & pregnancy Tablets

Nutritional supplement with folic acid, iodine, calcium and vitamins C, D and B12
From pregnancy planning to the end of the 12th week of pregnancy

Useful information: Prenatal 1 pregnancy planning & pregnancy is geared towards the special need for micronutrients from the time of pregnancy planning until the 12th week of pregnancy. An adequate folic acid level plays a major role in the healthy development of the child, especially during the first weeks of pregnancy, and can prevent the development of neural tube defects*. Calcium and vitamin D3 play an important role in bone development and iodine contributes to normal growth.

*The positive effect is achieved with a daily supplemental intake of 400 µg folic acid for a period of at least one month before and up to three months after conception. However, neural tube defects can have other causes as well, and therefore neural tube defects cannot always be prevented.

Ingredients: Tricalcium Citrate, filler Microcrystalline Cellulose, Vitamin C, release agent Magnesium Stearate, Vitamin D3, Folic Acid, Potassium Iodide, Vitamin B12.

	per tablet (= daily dose)	% of NRV recommended daily dose*	per 100 g tablets
Folic acid	550 µg	275	69 mg
Iodine	150 µg	100	19 mg
Calcium	138 mg	17	17 g
Vitamin C	32 mg	40	4 g
Vitamin D3	5 µg (200 I.U.)	100	0.6 mg
Vitamin B12	2 µg	80	0.2 mg

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

Recommended dose: From the time of pregnancy planning until the end of the 12th week of pregnancy: Take 1 tablet daily with sufficient liquid.

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 90 tablets = 70 g

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