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## Vitabiotics Pregnacare Conception Max 28 Days Supply

### Ingredients

Tablet Ingredients: Bulking Agents: Calcium Carbonate & Microcrystalline Cellulose, Magnesium Oxide, Vitamin C (Ascorbic Acid), Myo-Inositol, N-Acetyl Cysteine, Tablet Coating (Polydextrose, Hydroxypropylmethylcellulose, Calcium Carbonate, Medium Chain Triglycerides, Colours: Iron Oxide, Copper Chlorophyllin [Natural Source]), Anti-Caking Agents: Silicon Dioxide & Magnesium Stearate, Coenzyme Q10 (CoQ10), Ferrous Fumarate, Zinc Sulphate, Niacin (as Nicotinamide), Betacarotene, Thiamin (Vitamin B1 as HCl), Vitamin B6 (as Pyridoxine HCl), Vitamin D3 (Cholecalciferol), Pantothenic Acid (as Calcium Salt), Riboflavin (Vitamin B2), Vitamin E (as D-Alpha Tocopheryl Acid Succinate) (from **Soya**), Copper Sulphate, Manganese Sulphate, Folic Acid (as Calcium L-Methylfolate), Potassium Iodide, Biotin, Sodium Selenate, Vitamin B12 (as Methylcobalamin).

Capsule Ingredients: Omega-3 Fish Oil (Docosahexaenoic Acid Concentrate) (from **Fish**), Capsule Shell: Pharmaceutical Grade Gelatin (Halal Bovine Source), Glycerin & Natural Lemon Oil Flavouring.

**Allergy Advice:** For allergens, see ingredients in **bold**.

Nutritional Information	Av. per 2 tablets	%NRV*
Coenzyme Q10	50mg	-
N-Acetyl Cysteine	75mg	-
Inositol	100mg	-
Betacarotene	3mg	-
Vitamin D (as D3 1000 IU)	25µg	500
Vitamin E (Natural source)	4mg α-TE	33
Vitamin C	80mg	100
Thiamin (Vitamin B1)	8mg	727
Riboflavin (Vitamin B2)	5mg	357
Niacin (Vitamin B3)	20mg NE	125
Vitamin B6	10mg	714
Folic Acid (as L-Methylfolate)	400µg	200
Vitamin B12	25µg	1000
Biotin	150µg	300
Pantothenic Acid	6mg	100
Magnesium	250mg	67
Iron	14mg	100

Zinc	15mg	150
Copper	1000µg	100
Manganese	0.5mg	25
Selenium	55µg	100
Iodine	150µg	100
<b>Omega-3 DHA capsule Nutritional Information</b>	<b>Av. per capsule</b>	<b>%NRV*</b>
Omega-3 Fish Oil	600mg	-
DHA (Docosahexaenoic acid)	300mg	
EPA (Eicosapentaenoic acid)	60mg	-

\*NRV - Nutrient Reference Value