

Supplement Facts

Take with or immediately after your main meal, with a full glass of water.

Amount per Serving	% DV*	Amount per Serving	% DV**		
Vitamin B1	11mg	100%	Vitamin K2	75µg	100%
Vitamin B2	14mg	100%	Iron	14mg	100%
Vitamin B5	6mg	100%	Calcium	147mg	100%
Vitamin B6	14mg	100%	Magnesium	187.2mg	50%
Vitamin B12	5µg	200%	Zinc	5mg	100%
Folate	400µg	200%	Chromium	40µg	100%
Biotin	50µg	100%	Molybdenum	50µg	100%
Vitamin C	30mg	200%	Manganese	2mg	100%
Vitamin D3	12mg	200%	Cofine	15µg	100%
Vitamin E	12mg	100%	Selenium	55µg	100%

*See overhead for full ingredients list.

Nutritional Facts: Figures as per United States FDA guidelines.
Servings: 60. Serv. size: 1 Tablet. Amount per serving:
Calories 0. **Total Fat 100mg** (0% DV). **Sodium 0.0004g** (0% DV). **Total Carb 0.005g** (0.2% DV). **Fibre 0g** (0% DV). **Sodium 0mg** (0% DV). **Total Carb 0.005g** (0.2% DV). **Fibre 0g** (0% DV). **Total Sugars 0g**. **Protein 0.000g** (0.00% DV)

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Warning: Store in a cool dry place; out of reach of children. This food supplement should not be used as a substitute for a varied diet. Do not exceed the stated dose.

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This Vegetology bottle is 100% biodegradable in under 10 years!



Pregnancy & Breastfeeding Formula

Food Supplement

20+ Vitamins & Minerals

with Plant-source Vitamin D3

Allergy Advice: Free from gluten, sugar, wheat & dairy.



60 Tablets

www.vegetology.com



For you and your baby



Stay Connected



PregnaVie

PregnaVie contains 400mg of Folic Acid and 20 other nutrients essential to the health of Mum and Baby. PregnaVie has been specially designed to support you and your Baby throughout pregnancy and breast-feeding. We've added Ginger to help maintain your digestive health.

- For all stages of pregnancy.
- Ideal from conception planning, throughout pregnancy and during breast-feeding.
- 1 per day.
- 60 tablets per bottle (2 months' supply).
- Registered with the Vegan Society & Vegetarian Society.

Benefits

PregnaVie has been specially formulated to support you and your Baby throughout pregnancy and breast-feeding.

- For Baby:**
- Folate contributes to normal maternal tissue growth during pregnancy.
 - Vitamin D3 is the recommended minimum amount during pregnancy.
- For you:**
- B12 and Iron help maintain energy levels, reducing tiredness & fatigue.

Full range online: www.vegetology.com



Ingredients

Calcium Carbonate, Maltodextrin, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Zinc Citrate, Film Coating (Hydroxypropylmethyl Cellulose, Vegetable Glycerol), Iron Amino Acid Chelate, Vitamin E Acetate, Maize starch, Anticaking agents (Magnesium Stearate, Silicon Dioxide), Nicotinamide, Vitamin K2, Vitamin D3 Compound (Corn Starch, Medium Chain Triglycerides, Arabic gum, Sodium Ascorbate, D Alpha Tocopherol Cholecalciferol), Calcium Pantothenate, Manganese Sulphate, Copper Sulphate, Riboflavin, Pyridoxine Hydrochloride, Thiamine Mononitrate, Folate, Potassium Iodide, Chromium Chloride, Selenium Methionine, Sodium Molybdate, Biotin, Cyanocobalamin.