



Pregnacare Liquid

Uses

Dosage

Adults: two 5ml teaspoonfuls per day with a main meal.

Format and Ingredients

Liquid containing per 10ml:

Vitamin D (as D3 400iu) 10µg 200, Vitamin E (natural source) 4mg α -TE 33, Vitamin K 70µg 93, Vitamin C 70mg 88, Thiamin (vitamin B1) 3mg 273, Riboflavin (vitamin B2) 2mg 143, Niacin (vitamin B3) 20mg NE 125, Vitamin B6 10mg 714, Folic Acid 400µg 200, Vitamin B12 6µg 240, Biotin 150µg 300, Pantothenic acid 6mg 100, Iron 17mg 121, Zinc 7.5mg 75, Copper 1000µg 100, Selenium 30µg 55, Iodine 150µg 100, Beta-carotene (natural source) 1mg,