



Pregnacare Gummies

Uses

Dosage

Adults: 2 gummies per day with a main meal.

Format and Ingredients

Per 2 gummies:

Vitamin D (as D3 400iu) 10µg 200, Vitamin E 3mg α -TE 25, Vitamin K 70µg 93, Vitamin C 60mg 75, Thiamin (vitamin B1) 2.2mg 200, Riboflavin (vitamin B2) 2mg 143, Niacin (vitamin B3) 20mg NE 125, Vitamin B6 2.8mg 200, Folic Acid 400µg 200, Vitamin B12 6µg 240, Biotin 150µg 300, Pantothenic acid 6mg 100, Iron 7mg 50, Zinc 12mg 120, Selenium 30µg 55, Iodine 100µg 67, Beta-carotene 1mg,