

Product Information Sheet



Female Health

OptiNatal

Multi-Nutrient Formula for Pregnancy

Pregnancy is a time when a mother wants to make sure that her vitamin and mineral intake is optimal for her health and for the health of her baby. OptiNatal is a multiple vitamin and mineral formulation designed to provide the optimal nutritional requirements for women before conception, during pregnancy, and beyond, without danger of toxicity.

Ingredients:

Each tablet typically contains:

Vitamin A (as beta-carotene) (2000IU)	600 µg RE*
Vitamin D (cholecalciferol)	5 µg
Vitamin E (d-alpha tocopherol succinate)	30 mg
Vitamin C (ascorbic acid)	90 mg
Vitamin B1 (thiamin HCl)	1.4 mg
Vitamin B2 (riboflavin)	1.6 mg
Vitamin B3 (niacinamide)	18 mg
Vitamin B5 (calcium pantothenate)	6 mg
Vitamin B6 (pyridoxine HCl)	6 mg
Folic Acid	400 µg
Vitamin B12 (cyanocobalamin)	3 µg
Biotin	225 µg
Choline (bitartrate)	16.7 mg
PABA (para-aminobenzoic acid)	8.3 mg
Inositol	16.7 mg
Magnesium (bisglycinate, oxide)	75 mg
Iron (bisglycinate)	14 mg
Zinc (picolinate)	7.5 mg
Iodine (potassium iodide)	100 µg
Copper (citrate)	696 µg
Chromium (picolinate)	75 µg
Selenium (selenomethionine)	70 µg
Molybdenum (sodium molybdate)	75 µg
Manganese (citrate)	1.4 mg
Quercetin	50 mg
Lecithin (soy)	50 mg

*Micrograms Retinol Equivalents

Tableted with:

Microcrystalline cellulose
Polyvinylpyrrolidone
Croscarmellose
Talc
Silicon dioxide
Magnesium stearate

Features:

Provides comprehensive preconceptual, pregnancy and post-partum support. Only additional calcium make be needed.

Zinc is required for proper cell division, and therefore plays a critical role in foetal development.

Iron needs increase during pregnancy to keep pace with the growing baby.

Vitamin E protects against oxidative damage and may also be useful in supporting the uterine environment.

Folic acid is essential for the growth, replication and differentiation of all the cells in the body through its essential role in DNA synthesis.

Recommendation: 1 tablet daily, or as directed.

Caution: None known if directions are followed.

Product Code: 3295

Package Size: 60