

PRE/POST NATAL MINERALS

Ingredients: Two Tablets Supplies: Calcium (as carbonate/citrate/microcrystalline hydroxyapatite/chelate) 200.3mg, Magnesium (as citrate/chelate) 100mg Zinc (as chelate) 8.34mg, Selenium (as chelate) 13.2mcg, Potassium (as chelate) 16.6mg, Manganese (as chelate) 1.66mg, Molybdenum (as chelate) 5mcg, Iron (as peptonate) 20mg, Chromium (as chelate) 16.8mcg, Betaine HCL 3.34mg.

Supportive Function: Pre/Post Natal Minerals provide comprehensive mineral support for the pregnant mother before, during and after pregnancy.

When are the prenatal formulas helpful? Before pregnancy to prepare the body for implantation, during pregnancy and after for rebuilding. Pre/Post Natal Minerals should be taken in combination with Pre/Post Natal Vitamins.

Suggested Dosage: 2 tablets daily of the pre-natal vitamins and 6 tablets daily of the pre-natal minerals or as directed

Size: 180 tablets

Vegetarian: No

Contraindications: Iron is contraindicated in iron overload disease.