

PRE/POST NATAL VITAMINS

Ingredients: Each Tablet Supplies: Vitamin B-1 (thiamine Hcl) 7.5mg, Vitamin B-2 (riboflavin) 5mg, Vitamin B-6 (pyroxidine) 5mg, Vitamin B-12 10mcg, Biotin 100mcg, Folic Acid 400 mcg, Pantothenic Acid 7.5mg, Vitamin A (natural fish liver oil) 500iu, Vitamin E (as natural succinate) 50iu, Vitamin C 150mg, Vitamin D 200iu, Iodine (as kelp) 75mcg, Also Contains: Beta Carotene 1500 units, Pyrodoxal-5-Phosphate 2.5mg, Riboflavin-5-Phosphate 2.5mg, Choline 37.5mg, Inositol 37.5mg, Lemon Bioflavonoids 37.5mg, Niacinamide 7.5mg, Lactobacillus Acidophilus 2 million units, Lactobacillus Bulgaricus 2 million units, Lactobacillus Bifidus 2 million units, Black Currant Seed Oil 5mg, Cod Liver Oil 7.5mg, Flaxseed Meal 26.5mg, Lactase 7.5mg, Hydrolized Protein 250mg, Lipoic Acid 500mcg, Betaine HCL 5mg, Pepsin 5mg, Oxbile 5mg, Lutein 500mcg, Lycopene 500mcg, Red Raspberry (leaf) 7.5mg, Dandelion (leaf) 7.5mg.

Supportive Function: Pre-natal vitamins provide comprehensive vitamin support for the pregnant mother before, during and after pregnancy; includes folic acid, red raspberry, antioxidant and probiotic support.

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

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

Size: 60 tablets

Vegetarian: No

Contraindications: High dosages of vitamin C (>1000 mg.) should not be taken by gout patients or by kidney stone formers. Vitamin C is contraindicated in iron overload disease. Vitamin E does not involve contraindications at amounts up to 400 IU/day. Since vitamin E is an anticoagulant, amounts of vitamin E (400 IU or greater) can potentate blood-thinning drugs such as coumadin and should not be used concurrently. Large doses of vitamin E are contraindicated in hypertension (however, large doses of vitamin E are not used in this formula). Hyperparathyroidism or sarcoidosis patients should avoid vitamin D supplementation; however, many people are deficient in vitamin D. Hypercalciuria and hypocalcaemia are usually not seen unless the daily dose exceeds 2400 IU.