

LABEL

**Supplement Facts**  
Serving Size 1 Tablet per day  
Take with food and a glass of water

	Amounts Per Serving	% EU NRV
Vitamin B1	1.1mg	100%
Vitamin B2	1.4mg	100%
Vitamin B3	16mg	100%
Vitamin B5	6mg	100%
Vitamin B6	1.4mg	100%
Vitamin B12	5µg	200%
Folate	400µg	200%
Biotin	50µg	100%
Vitamin C	80mg	100%
Vitamin D3	10µg	200%
Vitamin E	12mg	100%
Vitamin K2	75µg	100%
Iron	14mg	100%
Calcium	400mg	50%
Magnesium	187.5mg	50%
Zinc	5mg	50%
Chromium	40µg	100%
Molybdenum	50µg	100%
Manganese	2mg	100%
Iodine	150µg	100%
Copper	1mg	100%
Selenium	55µg	100%

See overleaf for full ingredients list. PV1

**VEGETOLOGY™**

# PREGNANCY CARE

FOR EVERY STAGE OF PREGNANCY & BREASTFEEDING

20+ VITAMINS & MINERALS WITH FOLATE & VIT D3

60 TABLETS | FOOD SUPPLEMENT

vegetology.com

APPROVED

VEGAN

**Nutritional facts:** Figures as per United States FDA guidelines. Servings: 60, **Serv. size: 1 tablet.** Amount per serving: **Calories** 0.225, **Total Fat** 0.0006g (0.01% DV), Sat. Fat 0.0004g (0.05% DV), Trans Fat 0g (0% DV), **Cholest.** 0mg (0% DV), **Sodium** 0mg (0% DV), **Total Carb** 0.055g (0.2% DV), **Fibre** 0g (0% DV), Total Sugars 0g, **Protein** 0.000g (0.00% DV), Vit D 10µg (100% DV), **Calcium** 400mg (40% DV), **Iron** 14mg (77% DV), Potas. 0g (0% DV), Vit B12 5µg (208.3% DV).

**Allergy advice:** Free from gluten, sugar, wheat & dairy.

**Warning:** Store in a cool dry place, out of reach of children. Food supplements should not be used as a substitute for a varied diet. Do not exceed the stated dose.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Peel back for more information

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Peel back information

## PREGNANCY CARE

Vegetology Pregnancy Care is a comprehensive blend of vitamins and minerals containing 400µg of Folate, Vitamin D3 and over 20 other nutrients essential to the health of Mum and Baby. Scientifically formulated to help fertility, reduce tiredness, and regulate hormones it can be used from conception planning, throughout all stages of pregnancy and during breast-feeding.

### Key Benefits

The nutrients in Pregnancy Care contribute to:

- normal fertility and reproduction
- maternal tissue growth during pregnancy
- normal spermatogenesis
- the regulation of hormonal activity
- normal production of thyroid hormones and normal thyroid function
- normal macronutrient and homocysteine metabolism
- normal psychological function, cognitive function, and mental performance
- the reduction of tiredness and fatigue

**Ingredients:** Calcium Carbonate, Maltodextrin, Magnesium Oxide, Microcrystalline Cellulose, Ascorbic Acid, Zinc Citrate, Film Coating (Hydroxypropylmethyl Cellulose, Vegetable Glycerol), Iron Amino Acid Chelate, D-Alpha Tocopherol, Maize Starch, Anticaking agents (Magnesium Stearate, Silicon Dioxide), Nicotinamide, Vitamin K2, Vitamin D3 (Corn Starch, Medium Chain Triglycerides, Arabic Gum, Sodium Ascorbate, Cholecalciferol), Calcium Pantothenate, Manganese Sulphate, Copper Sulphate, Riboflavin, Pyridoxine Hydrochloride, Thiamine Mononitrate, Folate, Potassium Iodide, Chromium Chloride, Selenium Methionine, Sodium Molybdate, Biotin, Cyanocobalamin.

**Vegetology**, Nottingham NG7 5HF, UK. Tel: USA 888 2772680  
Worldwide +44 (0) 800 1700184

 Bottle is made with eco-plastic from sugar cane. It is CO2 neutral, 100% recyclable and 100% biodegradable in under 10 years.