

LACTOBACILLUS & BIFIDUS FOR PREGNANCY PLUS MULTIVITAMINS, MINERALS & DHA

ACTIVE INGREDIENTS PER ONE SERVING OF BOTH CAPSULES	AMOUNT	% NRV *
Vitamin A (as Beta Carotene)	400µg RE	50%
Vitamin D3	25µg	500%
Vitamin E	10mg TE	83%
Vitamin K1	75µg	100%
Vitamin C	160mg	200%
Thiamin (Vitamin B1)	2.2mg	200%
Riboflavin (Vitamin B2)	2.8mg	200%
Niacin (Vitamin B3)	32mg NE	200%
Vitamin B6	2.8mg	200%
Folic Acid	500µg	250%
Vitamin B12	10µg	400%
Biotin	100µg	200%
Pantothenic Acid	12mg	200%
Calcium	120mg	15%
Magnesium	56.25mg	15%

Iron	14mg	100%
Zinc	15mg	100%
Copper	1mg	100%
Manganese	2mg	100%
Selenium	55µg	100%
Chromium	40µg	100%
Molybdenum	50µg	100%
Iodine	150µg	100%
N-Acetyl Cysteine	20mg	†
Alpha Lipoic Acid	10mg	†
Tuna Oil	625mg	†
Providing:		
DHA (Docosahexaenoic Acid)	200mg	†
EPA (Eicosapentaenoic Acid)	45mg	†
Lab4b Consortium		
<i>Bifidobacterium bifidum</i> (CUL20)	10 billion viable cells	†
<i>Bifidobacterium animalis subsp. lactis</i> (CUL34)		†

Lactobacillus salivarius (CUL61)

†

Lactobacillus paracasei (CUL08)

†

*NRV – Nutrient Reference Value

† NRV not established