

Natal Care

Nutritional support for preconception, pregnancy and breastfeeding

STRICTLY PRACTITIONER ONLY

ethical | innovative | dedicated



Pack Size: 60 hard capsules.

Directions for Use: Take one capsule daily with water, or as directed by your healthcare practitioner.

Storage Guide: Store below 25°C in a cool, dry place, away from sunlight.

Warning: Do not exceed the stated dose except on medical advice. If you have had a baby with a neural tube defect/spina bifida, seek specific medical advice. This medicine contains selenium which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded. **WARNING - Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible [Contains Vitamin B6].**

Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. If you are concerned about the health of yourself or your baby, talk to your health practitioner. If you have pre-existing thyroid conditions, seek advice from your medical practitioner before taking this medicine. Vitamin and mineral supplements should not replace a balanced diet.

Product Indications:

- Natal Care provides a daily dose of 400 micrograms of folic acid, which if taken for one month before conception and during the first trimester of pregnancy, helps to prevent neural tube defects such as spina bifida and/or anencephaly
- Contains vitamins and minerals to support the health of mother and baby during pregnancy, and while breastfeeding
- Contains multiple forms of folate
- Provides essential vitamins and minerals including iodine and zinc to support healthy development of the foetus

Product Highlights

Unique, comprehensive vegan multinutrient natal formula

Helps to prevent neural tube defects (see Product Indications)

Product reformulated to a single one-a-day dose

Easy to swallow, pleasant peppermint flavoured capsules

Provides a combined dose of folinic acid and folic acid

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Each Natal Care capsule contains:

Betacarotene	6mg	Chromic chloride hexahydrate	384µg
Thiamine hydrochloride	38.1mg	equiv. chromium	75µg
equiv. thiamine (Vit B1)	30mg	Copper gluconate	714µg
Riboflavin sodium phosphate	20.8mg	equiv. copper	100 µg
equiv. riboflavin (Vit B2)	15.2mg	Manganese amino acid chelate	10mg
Nicotinamide	18mg	equiv. manganese	1mg
Calcium pantothenate	43.67mg	Iron (II) glycinate (Ferrochel®)	36.5mg
equiv. pantothenic acid (Vit B5)	40mg	equiv. iron	10 mg
Pyridoxine hydrochloride	9.1mg	Molybdenum trioxide	75µg
equiv. pyridoxine (Vit B6)	7.5mg	equiv. molybdenum	50µg
Pyridoxal 5-phosphate monohydrate	11.8mg	Potassium iodide	353µg
equiv. pyridoxine (Vit B6)	7.5mg	equiv. iodine	270µg
Calcium folinate	109µg	Selenomethionine	186µg
equiv. folinic acid	100 µg	equiv. selenium	75µg
Folic acid	400µg	Zinc citrate dihydrate	62.3mg
Mecobalamin (Vit B12)	500µg	equiv. zinc	20mg
Biotin	300µg	Phytomenadione (Vit K1)	80µg
Colecalciferol	12.5µg	Menaquinone 7 (Vit K2)	20µg
equiv. vitamin D3	500IU	Calcium ascorbate dihydrate	91.3mg
Choline bitartrate (VitaCholine®)	100mg	equiv. ascorbic acid (Vit C)	75mg
equiv. choline	41.13mg	Magnesium ascorbate monohydrate	84.1mg
Inositol	40mg	equiv. ascorbic acid (Vit C)	75mg
Chromium picolinate	201µg	Peppermint oil	1mg
equiv. chromium	25µg		

µg = microgram

Chlorophyll coloured capsules

VitaCholine®

Ferrochel®

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This product sheet (V.08/25) is intended for the further education of practitioners. Any statements made do not intend to claim a cure for any condition mentioned.

THE PRACTITIONER COMPANY

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