

Pregnancy Multivitamin

Award-winning Pregnancy Multivitamin from Viridian Nutrition is a specially formulated vitamin supplement with a combination of 27 essential nutrients designed to support the way your body naturally works during pregnancy.

Contains 100% active ingredients providing the vitamin and mineral nutritional building blocks for mother and baby. Includes 400µg of folic acid which is the Government's recommended daily amount to support foetal development. Supplemental folic acid intake increases maternal folate status to help support normal brain and spinal development of children. Folate also contributes to maternal tissue growth during pregnancy.

Additionally, Pregnancy Multivitamin contains researched levels of iron to contribute to cognitive development, iodine which contributes to the normal growth of children as well as vitamin D which is needed for the normal growth and development of bones in children. Vitamin C has been included to support the immune system, whilst the addition of vitamins B5 and B12 contribute to the reduction of tiredness and fatigue. The addition of beta carotene enables the body to safely produce appropriate levels vitamin A which is a particularly important for vision, skin and immune health.

Suitable to take in trimesters 1, 2 and 3 as well as after birth when breastfeeding, Pregnancy Multivitamin provides vitamins and minerals which work in conjunction with your body's natural rhythm and helps support a healthy diet and lifestyle. We recommend taking Pregnancy Multivitamin alongside Viridian Pregnancy Omega Oil and Synerbio Mother and Baby Powder for optimum nutrition.

Contains 100% active ingredients, formulated by expert nutritionists with no artificial fillers and no nasties. Sourced according to Viridian's strict ethical criteria including no animal testing, GMO or palm oil.

Key Features:

- Contains folic acid to support foetal development
- Suitable to take in trimesters 1, 2 and 3 as well as during breastfeeding after birth
- Combination of 27 essential nutrients
- Vegan formula suitable for daily use



Nutritional Information: two capsules provide:

Ingredient	Weight	%NRV
Vitamin C (Magnesium and Calcium ascorbate)	200mg	250
Potassium (citrate)	48mg	2
Choline (bitartrate)	50mg	
Iron (bisglycinate)	20mg	142
Calcium (ascorbate and citrate)	51mg	6
Beta carotene (<i>Dunaliella salina</i>) (providing Vitamin A 833µg)	5mg	104
Magnesium (ascorbate and citrate)	36mg	10

Zinc (citrate)	10mg	100
Silica	20mg	
Inositol	25mg	
Vitamin B3 (Niacinamide)	13mg	81
Manganese (bisglycinate)	2mg	100
Selenium	55µg	100
Boron	1mg	
Vitamin B5 (D-Ca pantothenic acid)	6mg	100
Vitamin D3 (Cholecalciferol) (400IU)	10µg	200
Copper (citrate)	1mg	100
Vitamin B6 (Pyridoxine HCl)	2.5mg	178
Vitamin B1 (Thiamine HCl)	1.4mg	127
Vitamin B2 (Riboflavin)	1.6mg	114
Vitamin K1 (Phylloquinone)	50µg	66
Folic acid	400µg	200
Chromium (picolinate)	50µg	125
Iodine (Potassium iodide)	150µg	100
Molybdenum	50µg	100
Biotin	30µg	60
Vitamin B12 (Deoxyadenosylcobalamin and Methylcobalamin)	2.5µg	100
Plant cellulose capsule		

Directions: take two capsules daily with food, or as directed by your healthcare practitioner.

Ordering Information:

Code	Size	Description	Barcode
150	60	Pregnancy Multivitamin Veg Caps	5060003591504
151	120	Pregnancy Multivitamin Veg Caps	5060003591511

In stock and available to order. Call 01327 878050
or email info@viridian-nutrition.com