

Manufactured by: Western Medicals  
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Provides the required amounts of folic acid, iron, calcium and vitamin D which are important throughout the pregnancy period.

**Pregnavit helps**

- Reduces nausea and vomiting.
- Supports proper development of brain, nerves and immune system.
- Reduces the risk of postpartum depression.

**Pregnavit Tablets**  
 Prenatal Supplement



<b>Supplement Facts</b>		Serving Size: 1 Tablet Servings per container: 60
Active Ingredients	Amount per serving	%DV *
Vitamin A (Acetate)	1500 IU	30%
Beta Carotene	2500 IU	50%
Vitamin E ( <i>dl-alpha</i> Tocopheryl Acetate)	30 IU	100%
Vitamin C (Ascorbic Acid)	90 mg	150%
Folate (Folic acid)	1 mg	252%
Vitamin B1 (Thiamine Hydrochloride)	1.5 mg	100%
Vitamin B2 (Riboflavin)	1.5 mg	89%
Vitamin B3 (Nicotinic Acid)	20 mg	100%
Pantothenic Acid	6.0 mg	60%
Vitamin B6 (Pyridoxine Hydrochloride)	2 mg	100%
Vitamin B12 (Cyanocobalamin)	3 mcg	50%
Vitamin D 3 (Cholecalciferol)	400 IU	101%
Biotin	30 mcg	10%
Calcium (Calcium Carbonate)	250 mg	25%
Iodine (Potassium Iodide)	0.22 mg	147%
Iron (Ferrous Sulphate)	27 mg	150%
Magnesium (Magnesium Oxide)	50 mg	13%
Copper (Copper Acetate)	1 mg	50%
Manganese (Sulfate)	2 mg	100%
Chromium (Chromium Chloride)	25 mcg	21%
Molybdenum (Sodium Molybdate)	50 mcg	67%
Selenium (Sodium Selenite)	30 mcg	43%
Zinc (Zinc Oxide)	8 mg	53%

\* Percent Daily Values (DV) are based on a 2000 calorie diet.