


# Pregnacare Breastfeeding

## Uses

## Dosage

Adults: 2 tablets and 1 capsule per day with a main meal.

## Format and Ingredients

Per 2 tablets:
Vitamin D (as D3 400 IU) 10µg 200, Vitamin E 20mg ?-TE 167, Vitamin K 70µg 93, Vitamin C 70mg 88, Thiamine (Vitamin B1) 5mg 455, Riboflavin (Vitamin B2) 2mg 143, Niacin (Vitamin B3) 20mg NE 125, Vitamin B6 10mg 714, Folic Acid 400µg 200, Vitamin B12 6µg 240, Biotin 150µg 300, Pantothenic Acid 6mg 100, Calcium 700mg 88, Iron 16mg 114, Selenium 30µg 55, Magnesium 150mg 40, Zinc 15mg 150, Iodine 150µg 100, Copper 1000µg 100, Beta-carotene (natural source) 2mg, Capsule containing:Omega-3 Fish Oil 600mg, providing DHA 300mg, EPA 60mg,

**Category:**
Food supplements, Food supplements

**Manufacturer:**
VITABIOTICS LTD

**Pack size:** 3 x 28

**RRP:** £15.95

**Legal Status:**

A division of GROUPE EUROCOM
PAGB
Communications International Group

Communications International Group Ltd 2026,
Linen Hall, 162-168 Regent Street, London W1B 5TB

Product data © Communications International Group