Pregnacare Max + Live Cultures

Uses

Dosage

Can be taken at any point during pregnancy: 2 multi-nutrient capsules plus 1 omega-3 capsule and 1 live cultures capsule per day with a main meal on a full stomach.

Format and Ingredients

Per 2 tablets:
N-Acetyl Cysteine 50mg, L-Arginine 100mg, Inositol 100mg, Beta-carotene (natural source) 2mg, Vitamin D (as D3 400 IU) 10µg 200, Vitamin E 4mg ?-TE 33, Vitamin K 70µg 93, Vitamin C 80mg 100, Thiamin (Vitamin B1) 5mg 455, Riboflavin (Vitamin B2) 2mg 143, Niacin (Vitamin B3) 20mg NE 125, Vitamin B6 10mg 714, Folic Acid 400µg 200, provided by L-Methylfolate 200µg, Pteroylmonoglutamic Acid 200µg, Vitamin B12 9µg 360, Biotin 150µg 300, Pantothenic Acid 6mg 100, Calcium 500mg 63, Magnesium 150mg 40, Iron 17mg 121, Zinc 15mg 150, Copper 1mg 100, Manganese 0.5mg 25, Selenium 55µg 100, Iodine 150µg 100, Per omega-3 capsule:, Omega-3 Fish Oil 600mg, providing DHA (Docosahexaenoic Acid) 300mg, EPA (Eicosapentaenoic Acid) 60mg, Per live cultures capsule:, 21 billion live cultures, typically providing the 4 strains of Lab4B®, plus Lactobacillus GG & Lactobacillus rhamnosus (HOWARU®), Bifidobacterium animalis subsp. lactis CUL34 2.375 billion, Bifidobacterium bifidum CUL20 0.125 billion, Lactobacillus salivarius CUL61 6.25 billion, Lactobacillus paracasei CUL08 1.25 billion, Lactobacillus rhamnosus GG 5.00 billion, Lactobacillus rhamnosus HN001 (HOWARU®) 6.00 billion, Calcium 160mg 20,

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