



Start Well, Stay Well

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Nestlé® Materna® Prenatal Multivitamin

NESTLÉ MATERNA – the #1 Doctor Recommended* prenatal multivitamin. Just one tablet a day helps fulfill your vitamin and mineral needs before, during, and after pregnancy

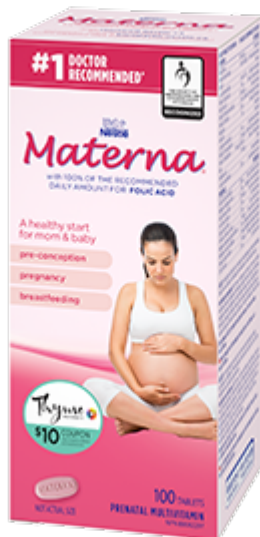
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Nestlé® Materna® Prenatal Multivitamin

NESTLÉ MATERNA – the #1 Doctor Recommended* prenatal multivitamin. Just one tablet a day helps fulfill your vitamin and mineral needs before, during, and after pregnancy

Women 19 years or older.

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Features & Benefits

- Once daily dose, to be taken prior to conception, during pregnancy and when breastfeeding
- Helps prevent neural tube defects**
- Contains folic acid and 22 essential vitamins and minerals
- Helps support normal fertility, healthy bones, and the immune system
- Helps reduce tiredness & fatigue due to iron deficiency anemia

*Nestlé 2016 vitamin research. Data on file.

**When taken daily at least three months prior to becoming pregnant and during early pregnancy.

Caution: Do not exceed the recommended dose. If taking other supplements, read label, as other supplements may contain the same ingredients. In case of accidental overdose, contact a physician or poison control centre immediately. Keep out of reach of children. There is enough iron in this package to seriously harm a child. To exclude the diagnosis of a serious cause of infertility, consult a healthcare practitioner prior to use. Hypersensitivity has been known to occur; in which case, discontinue use.

Ingredients

Non-Medicinal Ingredients: BHT, carmine, cellulose gum, citric acid, corn starch, dl-alpha tocopherol, dicalcium phosphate, ethylcellulose, gelatin (bovine & porcine), hypromellose, magnesium stearate, maltodextrin, microcrystalline cellulose, mono- and diglycerides of fatty acids, potassium hydroxide, shellac, silicon dioxide, sodium ascorbate, soybean oil, sucrose, stearic acid, titanium dioxide, tocopherols, tricalcium phosphate, trisodium citrate.

Product information is subject to change. Please refer to the product label or packaging for the most current nutrition and allergen information.

Nutritional Information

EACH TABLET CONTAINS: VITAMINS

Beta-Carotene	5400 mcg
Vitamin A (vitamin A acetate)	462 mcg RAE
Vitamin E (dl-? tocopheryl acetate)	4.8 mg AT
Vitamin C (ascorbic acid)	70 mg

VITAMINS

Folate (folic acid)	600 mcg
Vitamin B1 (thiamine mononitrate)	0.9 mg
Vitamin B2 (riboflavin)	0.9 mg
Niacinamide	8 mg
Vitamin B6 (pyridoxine hydrochloride)	1.4 mg
Vitamin B12 (cyanocobalamin)	2.8 mcg
Vitamin D (cholecalciferol)	15 mcg/ 600 IU
Biotin	24 mcg
Pantothenic Acid (calcium d-pantothenate)	3.6 mg

MINERALS

Calcium (calcium carbonate)	250 mg
Magnesium (magnesium oxide)	50 mg
Iodine (potassium iodide)	225 mcg
Iron (ferrous fumarate)	24 mg
Copper (cupric citrate)	0.3 mg
Chromium (chromium chloride)	9 mcg
Manganese (manganese gluconate dihydrate)	1.2 mg
Molybdenum (sodium molybdate)	28 mcg
Selenium (sodium selenite)	17 mcg
Zinc (zinc oxide)	2.4 mg

Products highlights

Ensure you and baby get off to a healthy start with NESTLÉ MATERNA – the #1 Doctor Recommended* prenatal multivitamin. Just one tablet a day helps fulfill your vitamin and mineral needs before, during, and after pregnancy, so you can confidently take your first step into this exciting journey called motherhood.

Recognized by the Society of Obstetricians & Gynecologists of Canada (SOGC) as a product that demonstrates reasonable evidence of safety and efficacy.

To be sure this product is right for you, always read and follow the label.

Features & Benefits

Ingredients & Nutritional facts

Other formats/flavours available

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