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Prenatal DHA supplement | Materna® | Combo-Pack

The #1 Doctor Recommended** brand of prenatal multivitamins now with the benefits of DHA.

DHA stands for docosahexaenoic acid, an important type of fatty acid that helps support brain and eye development during pregnancy and infancy. DHA is delivered from mom to baby through the placenta before birth and is naturally found in breast milk. Health Canada recommends that pregnant women should eat at least 150 g of cooked fish per week¹. You may also choose to take a prenatal DHA supplement to ensure you reach the recommended 200 mg of DHA per day for pregnancy and breastfeeding². Not all prenatal multivitamins come with prenatal DHA, so ask your doctor if you require a prenatal DHA supplement.

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Women 19 years or older.

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Features & Benefits

- #1 DOCTOR RECOMMENDED* brand of prenatal multivitamins.
- Each tablet provides 23 essential nutrients to help ensure good nutritional support before, during, and after pregnancy, including 100% of the recommended daily amount for folic acid and vitamin D.
- Each softgel provides 225 mg of prenatal DHA to help support cognitive health & brain function.
- Easy to swallow.

*NESTLÉ MATERNA 2016 research. Data on file.

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:

MATERNA Tablet: acacia gum, carmine, carnauba wax, cellulose gum, citric acid, corn starch, dicalcium phosphate, dl-alpha tocopherol, ethylcellulose, glucose syrup, hypromellose, macrogol, magnesium stearate, maltodextrin, medium chain triglycerides, microcrystalline cellulose, modified food starch, mono and di-glycerides of fatty acids, polyvinyl alcohol, silicon dioxide, sodium ascorbate, stearic acid, sucrose, talc, titanium dioxide, trisodium citrate

DHA Softgel: Gelatin (Bovine), Glycerol, Tocopherols, Purified Water.

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
Biotin	24 mcg
Vitamin A (vitamin A acetate)	462 mcg RAE
Vitamin B1 (thiamine mononitrate)	0.9 mg
Vitamin B2 (riboflavin)	0.9 mg
Vitamin B6 (pyridoxine hydrochloride)	1.4 mg
Vitamin B12 (cyanocobalamin)	2.8 mcg
Vitamin C (ascorbic acid)	70 mg
Vitamin D (cholecalciferol)	15 mcg/ 600 IU
Vitamin E (dl-? tocopheryl acetate)	4.8 mg AT

VITAMINS

Folate (folic acid)	600 mcg
Niacinamide	8 mg
Pantothenic Acid (calcium d-pantothenate)	3.6 mg

MINERALS

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

EACH PRENATAL DHA SOFTGEL CONTAINS:

Fish oil (anchovy, sardine, and/or mackerel)	535 mg
Docosahexaenoic acid (DHA)	225 mg
Eicosapentaenoic acid (EPA)	45 mg

Products highlights

Motherhood starts with MATERNA. Ensure you and baby get off to a healthy start with MATERNA.

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

The #1 DOCTOR RECOMMENDED** brand of prenatal multivitamins now with the benefits of prenatal DHA. Just one tablet a day helps fulfill your vitamin and mineral needs before, during, and after pregnancy. Together with a small prenatal DHA softgel to help support cognitive health and brain function, so you can confidently take your first step into this exciting journey called motherhood.

DHA is an important omega-3 fatty acid for pregnant & lactating women. Pregnant women require more omega-3 fatty acids, like DHA, in their diet. DHA is delivered from you to your baby through the placenta before birth and through breast milk after birth.

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

*Over-the-counter prenatal multivitamin brand. ProVoice Research 2019. Data on file.

1 HC reference

2 EU reference for DHA intake

Features & Benefits

Dosage

Ingredients & Nutritional facts

Other formats/flavours available

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