



Mi-Vitamin™

Multi-Vitamin Mineral Supplement for Pregnant and Lactating Women

The nutritional and health status of a mother plays a vital role in the development of her unborn child even before conception. The most critical development of a baby occurs during the first three months of the pregnancy when many women do not realize they are pregnant.

Studies have shown that adequate nutrition during pregnancy potentially results in ideal birth weight, reduced infant mortality and improved growth. Adequate nutrition in the first 1000 days of life is critical in ensuring benefits in both economic and health terms. Nutrition during the first 1000 days of life has a direct impact on the risk of developing non-communicable diseases (NCD's) such as cardiovascular diseases, stroke, hypertension and diabetes later in life and ultimately decreases the health risks being passed onto future generations.

Nutrition Information

Nutrient	Average per 1 Capsule	%NRV*
Vitamin A	2664 IU / 800 mcg	89
Vitamin B1	1.4 mg	117
Vitamin B2	1.4 mg	108
Vitamin B6	1.9 mg	112
Vitamin B12	2.6 mcg	108
Folic Acid	600 mcg	150
Niacinamide	18 mg	113
Pantothenic Acid	6 mg	120
Biotin	30 mcg	100
Vitamin C	55 mg	55
Vitamin D	200 IU / 5mcg	33
Vitamin E	15 mg TE	100
Vitamin K	55 mcg	46
Iron (added as Ferrous Fumarate)	27 mg	150
Zinc (added as Zinc Oxide)	10 mg	91
Copper (added as Copper Gluconate)	1.15 mg	128
Selenium	30 mcg	55
(added as Sodium Selenite Anhydrous)		
Iodine (added as Potassium Iodate)	250 mcg	167
L-Lysine HCl	200 mg	

* Nutrient Reference Values South Africa.

- Formulated for Women during & after Pregnancy
- 13 Essential Vitamins
- Added Minerals and Lysine

Features:

A comprehensive multi micronutrient (vitamins and minerals) supplement with the addition of Lysine. Lysine, an essential amino acid, is limited in the major staple foods in Africa i.e. sorghum, maize and wheat. This supplement contains a selection of key ingredients, which are important for the development of the baby as well as the increased physiological demands on the mother's body.

NUTRIENT	FUNCTION
Vitamin A	Contributes to the maintenance of eyesight, skin, membranes and immune function
Vitamins A, B1, B2, B6, B12, C, D, E, K, Pantothenic acid, Biotin, Niacinamide, Folic Acid, Copper, Iodine, Iron, Zinc	Factors in the maintenance of good health
Vitamins B1, B2, B6, B12, Biotin, Zinc	Helps to metabolise carbohydrates, fats and proteins
Vitamins B2, B6, Pantothenic acid	Contributes to tissue formation
Vitamin B12, Folic Acid, Copper, Iron	Contributes to normal red blood cell formation
Niacinamide	Contributes to normal growth and development
Folic acid	Helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy
Vitamin C	Helps in the development and maintenance of bones, cartilage, teeth and gums
Vitamin D	Helps in the absorption and use of calcium and phosphorus
	Helps in the development and maintenance of bones and teeth
Vitamin E, Selenium	Antioxidants in the maintenance of good health
Vitamin K	Contributes to the maintenance of normal bones
Iodine	Contributes to the normal production of the thyroid hormones and normal thyroid function
Zinc	Helps to maintain immune function

Pack Size: 30 Capsules

Dosage and directions: One capsule daily after food, or as directed by your healthcare professional. Recommended during pre-conception, pregnancy and lactation.

Dietary supplements should be taken as part of a healthy, balanced diet.