



# Mi-Vitamin™ Multi-Vitamin Mineral Supplement for Pregnant and Lactating Women

## Scientifically based formulation

- The nutritional and health status of the mother plays a vital role in the development of the unborn child even **before conception**
- Adequate nutrition during pregnancy potentially results in:
  - ideal birth weight
  - reduced infant mortality
  - and improved growth
- Mi-Vitamin™ contains safe & effective ingredients at relevant levels



Comprehensive formulation  
**13** Essential Vitamins  
**5** Added Minerals

**27mg Iron**  
 Reduces the risk of maternal iron deficiency anaemia  
 Improved health outcomes for baby

**600 mg Folic Acid**  
 Prevent neural tube defects (Birth defects of the brain, spine or spinal-cord)

Can be used during **Breastfeeding**

**1 Month Supply**  
 30 Capsules

**@Life** | Innovation Based on Science



Mi-Vitamin™ is an AT Life Products registered trademark.  
 Quali™-Blends is a trademark of DSM

**Mi-Vitamin™**  
 Multi-Vitamin Mineral Supplement Range

## NUTRITION INFORMATION

Nutrient	Average per 1 Capsule	%NRV*
Vitamin A	2664 IU / 800 mcg	100
Vitamin D	200 IU / 5mcg	33
Vitamin E	15 mg TE	100
Vitamin C	60 mg	60
Vitamin B1	1.4 mg	117
Vitamin B2	1.4 mg	108
Vitamin B3 (added as niacinamide)	18 mg	113
Vitamin B6	1.9 mg	112
Vitamin B12	2.6 mcg	108
Folic Acid	600 mcg	150
Vitamin K	55 mcg	46
Pantothenic Acid	6 mg	120
Biotin	30 mcg	100
Iron (added as ferrous fumarate)	27 mg	208
Zinc (added as zinc oxide)	10 mg	100
Copper (added as copper gluconate)	1.15 mg	128
Selenium (added as sodium selenite)	50 mcg	91
Iodine (added as potassium iodide)	250 mcg	167

\* Nutrient Reference Values South Africa from 37 months and older.

 **AtLife** | Innovation  
Based on Science



Mi-Vitamin



@MiVitamin



atlife\_mivitamin

Mi-Vitamin™ is an At Life Products registered trademark.  
Quali™-Blends is a trademark of DSM

**Mi-Vitamin™**  
Multi-Vitamin Mineral Supplement Range