

ProVita®

Prenatal

Vitamins & Minerals

**360° Support in
Pregnancy**



**Provita Prenatal
provide comprehensive
vitamin & mineral support
for Pregnant and
Breast feeding mums**

Safe in All Stages of Pregnancy and Breast Feeding



Sugar Free



Gluten Free



Dairy Free



Soy Free



**No artificial colours
Sweeteners or
Preservatives**

23 Important Vitamins and Minerals, including



CALCIUM

Calcium helps in bones, teeth, heart, muscles and nerves development



FOLIC ACID

Contributes to maternal tissue growth during pregnancy



ZINC

Contributes to normal fertility and reproduction



VITAMIN D

Vitamin D has a role in the process of cell division



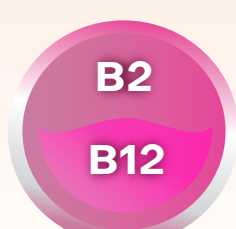
IODINE

Contributes to the development of brain and nervous system



MAGNESIUM IRON AND NIACIN

Contributes to the reduction of tiredness and fatigue



VITAMIN B2 & B12

Contributes to the maintenance of normal red blood cell formation



VITAMIN B1 & B6

Contribute to normal energy release

VITAMINS

Beta-Carotene	750 IU (450 mcg)
Vitamin A	1500 IU (450 mcg)
Vitamin E	30 IU (13.5 mg)
Vitamin C	100 mg
Folic Acid	1 mg
Vitamin B1	3 mg
Vitamin B2	3.4 mg
Niacinamide	20 mg
Vitamin B6	10 mcg
Vitamin B12	12 mcg
Vitamin D3	250 IU
Biotin	30 mcg
Pantothenic Acid	10 mg

MINERALS

Calcium	250 mg
Magnesium	50 mg
Iodine	0.15
Iron	35 mg
Copper	2 mg
Zinc	25 mg
Chromium	25 mcg
Manganese	5 mg
Molybdenum	25 mcg
Selenium	25 mcg

This comprehensive formula of 23 Vitamins & Minerals fulfils all the need of pregnant and breastfeeding mums

Distributed by:

ProPharma
Medical Supplies

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