

Materna Prenatal/Postpartum Compound Multivitamin and Elements Tablet (23) Mfg: Wyeth,Suzhou

VITAMINS

维生素 A Vitamin A	1500 IU
B-胡萝卜素 Beta-Carotene (a source of Vitamin A)	1500 IU
维生素 D Vitamin D (cholecalciferol)	250 IU
维生素 E Vitamin E	30 IU
维生素 B1 Vitamin B1 (thiamine mononitrate)	3 mg
维生素 B2 Vitamin B2 (riboflavin)	3.4 mg
维生素 B6 Vitamin B6 (pyridoxine)	10 mg
维生素 B12 Vitamin B12 (cyanocobalamin)	12 mcg
维生素 C Vitamin C (ascorbic acid)	100 mg
生物素 Biotin	30 mcg
叶酸 Folic Acid (folate)	1 mg
烟酰胺 Niacin (niacinamide)	20 mg
泛酸 Pantothenic Acid	10 mg

MINERALS

碘 Iodine	150 mcg
钼 Molybdenum	25 mcg
钙 Calcium	250 mg
锌 Zinc	25 mg
铁 Iron	60 mg
铜 Copper	2 mg
铬 Chromium	25 mcg
锰 Manganese	5 mg
镁 Magnesium	50 mg
硒 Selenium	25 mcg

Suggested dose: 1 tablet daily, prior to conception, during pregnancy and when breastfeeding.

CAUTION: There is enough iron in this package to seriously harm a child. Keep out of reach of children. Take with food. Avoid using 2 hours prior to or until 4 hours after taking other medications. Do not exceed the recommended daily 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.