



	NUTRIENTS	ICMR Guidelines	TRIMACARE 3	RDA
MORNING ☀	Vitamin B9	500 mcg	0.5 mg	100%
	Vitamin A	800 mcg Retinol, 6400 mcg Beta carotene	1600 mcg	25%
	Zinc	12 mg	12 mg	100%
	Vitamin E	10 mg	10 mg	100%
	Iodine	250 mcg	200 mcg	80%
	Vitamin C	60 mg	60 mg	100%
	Vitamin B1	1.6 mg	1.6 mg	100%
	Vitamin B2	2 mg	2 mg	100%
	Vitamin B3	18 mg	18 mg	100%
	Vitamin B5	5 mg	5 mg	100%
	Vitamin B6	2.5 mg	3 mg	120%
	Vitamin B7	30 mcg	30 mcg	100%
	Vitamin B12	1.2 mcg	3.6 mcg	300%
	Vitamin K2	55 mcg	55 mcg	100%
	Copper	1.7 mg	1.7 mg	100%
	Selenium	40 mcg	40 mcg	100%
	Manganese	4 mg	4 mg	100%
	Chromium	50 mcg	50 mcg	100%
	Molybdenum	45 mcg	45 mcg	100%
Boron		150 mcg	#	
Omega 3 EPA:DHA [2:3]		200 mg	#	
Iron	35 mg	60 mg	171%	
EVENING 🌙	Vitamin D	400 IU	400 IU	100%
	Magnesium	310 mg	310 mg	100%
	Calcium	1200 mg	500 mg	42%
	Bowel Regulator Prop Blend**		100 mg	
<p><b>Other Ingredients:</b> Bulking agent (460), Lactose, Croscarmellose sodium glazing agent (553), Thickener (12030), Anti-caking agent (551), Magnesium stearate stabilizer (1201), Emulsifier (322), Stabilizer (412), Colours (110,171); Contains permitted natural colours.</p> <p>% RDA calculated basis ICMR guidelines, USFDA &amp; WHO recommendation for pregnancy. # No RDA established. @ To meet condition specific requirement.</p> <p><b>Nutritional Facts:</b> (Am. per Ser.) Energy 2.47 kcal, Protein 0.02 g, Sugar 0.06 g, Carbohydrate 0.34 g, Fat 0.00 g</p>				

\*\*Hull lignans, Foeniculum vulgare, Senna alexandrina, Zingiber officinale and Cuminum cyminum