



☀️ 1 Tablet from morning pill pack

Morning Tablet: Iron component with 20+ micronutrients

🌙 1 Tablet from evening pill pack

Evening Tablet: Calcium component with Magnesium, Vitamin D & bowel regulator

Unique formulation for third trimester of pregnancy to lactation

Nutrition Facts - Morning		
30 Coated Tablets	Serving Size: 1 Tablet	
Amount per serving contains approximately:		
Nutrients	Am. per Ser.	%RDA
Omega-3 as EPA:DHA (2:3)	200 mg	#
Vitamin C as L-Ascorbic acid	60 mg	75%
Iron as Ferrous fumarate (Time-Release)	29 mg	100%
Vitamin B3 as Niacin	18 mg	100%
Zinc as Zinc sulphate monohydrate	12 mg	83%
Vitamin E as D-alpha-tocopherol	10 mg	100%
Vitamin B5 as Calcium D-pantothenate	5 mg	100%
Manganese as Manganese sulphate	4 mg	100%
Vitamin B2 as Riboflavin	2 mg	74%
Copper as Copper sulphate pentahydrate	1.7 mg	100%
Vitamin B1 as Thiamine mononitrate	1.6 mg	80%
Vitamin B9 as Folate DFE	570 mcg	100%
Iodine as Potassium iodide	200 mcg	91%
Boron as Sodium metaborate	150 mcg	#
Vitamin K2	55 mcg	100%
Chromium as Chromium chloride	50 mcg	100%
Molybdenum as Sodium molybdate	45 mcg	100%
Selenium as Sodium selenate	40 mcg	100%
Vitamin B7 as D-Biotin	30 mcg	75%
Vitamin B12 as Methylcobalamin	2.45 mcg	100%
Vitamin B6 as Pyridoxine hydrochloride	0.72 mcg	30%
Other Ingredients: 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.		
% RDA calculated basis ICMR guidelines (2020) for pregnancy; # No RDA established; @ To meet condition specific requirement.		
Nutritional Facts (Am. per Ser.) Energy 2.47 kcal, Protein 0.02 g, Sugar 0.06 g, Carbohydrate 0.34 g, Fat 0.00 g		

Nutrition Facts - Evening		
30 Coated Tablets	Serving Size: 1 Tablet	
Amount per serving contains approximately:		
Nutrients	Am. per Ser.	%RDA
Calcium as Calcium carbonate	500 mg	50%
Magnesium as Magnesium oxide	310 mg	70%
Bowel Regulator Prop Blend**	100 mg	#
Vitamin D as Ergocalciferol	400 IU	67%
Other Ingredients: 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); **Bowel regulator blend: Hull lignans, Foeniculum vulgare, Senna alexandrina, Zingiber officinale and Cuminum cyminum; Contains permitted natural colours		
% RDA calculated basis ICMR guidelines (2020) for pregnancy; # No RDA established; @ To meet condition specific requirement.		
Nutritional Facts: (Am. per Ser.) Energy 2.47 kcal, Protein 0.02 g, Sugar 0.06 g, Carbohydrate 0.34 g, Fat 0.00 g		