

# ANZ Prenatal Core Mineral

A mineral supplement to assist in the maintenance or improvement of general well-being.

**Directions:** Pregnant or nursing women take four (4) tablets daily, preferably two (2) in the morning and two (2) in the evening with meals.

**Each tablet contains:**

Calcium (56.25 mg) from:

Calcium Citrate Tetrahydrate (Equiv 47 mg Calcium) 223.81 mg

Calcium Ascorbate (Equiv 9.25 mg Calcium) 98.6 mg

Potassium Iodide (Equiv 75 µg Iodine) 99.3 µg

Magnesium (56.25 mg) from:

Magnesium Citrate Nonahydrate (Equiv 49 mg Magnesium) 408.33 mg

Magnesium Ascorbate (Equiv 7.25 mg Magnesium) 118.85 mg

Zinc Citrate Dihydrate (Equiv 5 mg Zinc) 15.63 mg

Ferrous Fumarate (Equiv 5 mg Iron) 15.67 mg

Selenomethionine (Equiv 37.5 µg Selenium) 93.75 µg

Copper Gluconate (Equiv 500 µg Copper) 3.57 mg

Manganese Gluconate (Equiv 500 µg Manganese) 4.55 mg

Chromium (75 µg) from:

Chromic Chloride Hexahydrate (Equiv 62.5 µg Chromium) 190.32 µg

Chromium Nicotinate (Equiv 12.5 µg Chromium) 100 µg

Molybdenum Trioxide (Equiv 12.5 µg Molybdenum) 18.75 µg

Cysteine Hydrochloride Monohydrate 40 mg

Vitamin C (Ascorbic Acid) from:

Calcium Ascorbate 98.6 mg, Magnesium Ascorbate 118.85 mg 150 mg

Vitamin and/or mineral supplements should not replace a balanced diet.

This product contains selenium, which is toxic in high doses. A daily dose of 150 micrograms for adults of selenium from dietary supplements should not be exceeded.

Bottle sealed under cap for your protection. Do not use if the safety seal is broken or missing.

Laboratory tested, quality guaranteed. Meets British pharmacopoeia specifications for potency, uniformity, and disintegration, where applicable.

Keep out of reach of children. Consult your physician if you are pregnant, nursing, taking a prescription medication, or have a medical condition.

USANA Australia Pty Ltd. 3 Hudson Avenue, Castle Hill, NSW 2154 Australia

Store Below 25°C Made in USA

102.030188 LB.001946

See base for expiry date & batch number.

# ANZ Prenatal Vita Antioxidant

A MULTIVITAMIN SUPPLEMENT TO ASSIST IN THE MAINTENANCE OR IMPROVEMENT OF GENERAL WELL-BEING. CONTAINS A BROAD RANGE OF ANTIOXIDANTS.

**DIRECTIONS:** PREGNANT OR NURSING WOMEN TAKE FOUR (4) TABLETS DAILY, PREFERABLY TWO (2) IN THE MORNING AND TWO (2) IN THE EVENING WITH MEALS.

## EACH TABLET CONTAINS:

BETACAROTENE	1.5 mg	BIOTIN	75 µg
VITAMIN C (100 mg) FROM:		CALCIUM PANTOTHENATE	25 mg
CALCIUM ASCORBATE	62.5 mg	RUTOSIDE (RUTIN)	10 mg
POTASSIUM ASCORBATE	42.5 mg	QUERCETIN DIHYDRATE	15 mg
MAGNESIUM ASCORBATE MONOHYDRATE	18.75 mg	ALPHA LIPOIC ACID	25 mg
ZINC ASCORBATE	1.25 mg	CURCUMIN	3.25 mg
VITAMIN D3 (250 IU: COLECALCIFEROL)	6.2 µg	HERBAL EXTRACTS CONTAINING:	
VITAMIN E (50 IU: D-ALPHA TOCOPHERYL ACID SUCCINATE)	41.3 mg	GREEN TEA (CAMELLIA SINENSIS)	17.5 mg
TOCOPHEROLS CONCENTRATE - MIXED (LOW ALPHA TYPE)	20 mg	EQUIVALENT DRY LEAF STANDARDISED TO EPIGALLOCATECHIN-3-O-GALLATE	175 mg
VITAMIN K (135 µg) FROM:		OLIVE FRUIT ( <i>Olea europaea</i> )*	3.75 mg
PHYTOMENADIONE	120 µg	EQUIVALENT FRESH FRUIT	168.75 mg
MENAQUINONE 7	15 µg	HESPERIDIN	10 mg
VITAMIN B1 (THIAMINE HYDROCHLORIDE)	7.5 mg	INOSITOL	32 mg
VITAMIN B2 (RIBOFLAVINE)	7.5 mg	CHOLINE BITARTRATE	62.5 mg
NICOTINAMIDE	10 mg	COQ10 (UBIDECARENONE)	3 mg
VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE)	8 mg	LUTEIN	150 µg
FOLIC ACID	125 µg	LYCOPENE	250 µg
VITAMIN B12 (CYANOCOBALAMIN)	50 µg		

VITAMIN SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET.

DO NOT TAKE WHILE ON WARFARIN THERAPY WITHOUT MEDICAL ADVICE.

CONTAINS SORBIC ACID AND SODIUM BENZOATE.

DO NOT EXCEED THE STATED DOSE EXCEPT ON MEDICAL ADVICE. IF YOU HAVE A CHILD WITH A NEURAL TUBE DEFECT/ SPINA BIFIDA, SEEK SPECIFIC MEDICAL ADVICE.

BOTTLE SEALED UNDER CAP FOR YOUR PROTECTION. DO NOT USE IF THE SAFETY SEAL IS BROKEN OR MISSING.

LABORATORY TESTED, QUALITY GUARANTEED. MEETS BRITISH PHARMACOPŒIA SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.

KEEP OUT OF REACH OF CHILDREN. CONSULT YOUR PHYSICIAN IF YOU ARE PREGNANT, NURSING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A MEDICAL CONDITION.

USANA AUSTRALIA PTY LTD. 3 HUDSON AVENUE, CASTLE HILL, NSW 2154 AUSTRALIA

STORE BELOW 25°C MADE IN USA

103.030188 LB.001740

SEE BASE FOR EXPIRY DATE & BATCH NUMBER.