

Nature's Prenatal (120 Tablets)

 lilyandloafinternational.com/products/natures-prenatal

Nature's Sunshine

Formulated for pre-conception and pregnancy

£ 22.95 GBP

3242

- Formulated for preconception, pregnancy & nursing
- Balanced combination to support mother & baby
- Provides vitamins A, C D, and E plus a range of B vitamins, with 800mcg of folic acid
- Full 90-day money-back guarantee

How will Nature's Prenatal benefit me?

Be nutritionally prepared with Nature's Prenatal, specifically formulated for preconception, pregnancy, and nursing, with 800mcg of folic acid providing a balanced combination of vitamins and minerals to support the nutritional needs of both mother and baby. An excellent daily multi vitamin that provides vitamins A, C D, and E plus a range of B vitamins. Antioxidant vitamins A, C and E contribute to the protection of cells from oxidative stress, the normal function of the immune system and a reduction of tiredness and fatigue. B vitamins contribute towards normal energy-yielding metabolism, and the normal function of the immune and nervous systems. Vitamin D has a role in the process of cell division and contributes to the maintenance of normal muscle and bones. Along with important minerals magnesium, iron, zinc, and copper, one tablet of this formula contains 800mcg of Folic Acid. It also contains Ginger root to help soothe the stomach. It's free of artificial colours, flavours, preservatives, sweeteners, sugar, yeast, gluten, lactose, milk, and wheat.

The Importance of Folic Acid

Nature's Sunshine, (and many other manufacturers), offer a daily dose of 800mcg (0.8mg) of folic acid in supplements designed for use during pregnancy and preconception. Folic acid is water soluble and is quickly lost from the body. The NHS advises that daily folic acid supplements of up to 1mg are safe.

Here's what the NHS say about Folic acid: "Folic acid is one of the B-group vitamins and has several important functions. It helps to reduce the risk of central nervous system defects in unborn babies, and it works with vitamin B12 to form healthy red blood cells. Folic acid cannot be stored in the body, so you need it in your diet every day. Taking 1mg or less a day of folic acid supplements is unlikely to cause any harm."

The NHS also suggest: "If you have a family history of conditions (known as neural tube defects), you may need to take a higher dose of folic acid, and women with diabetes and those taking anti-epileptic medicines should speak to their GP for advice, as they may also need to take a higher dose of folic acid."

Is Nature's Prenatal suitable for everyone to take?

Nature's Prenatal contains Soy, so anyone with an intolerance should avoid this product.

Why should I buy from Lily & Loaf?

Lily & Loaf embrace a natural, holistic approach to health and beauty, and value equally daily nutrition for the body and nutritional care for the skin. These strict standards for top quality suppliers ensure that every product is free from harmful toxins, pollutants and animal cruelty, but also crafted in accordance with the ethical and sustainability values held. Lily & Loaf offers only premium, natural, eco-friendly products that are free from questionable manufacturing methods used in many mass-produced products today. There is also great support from a brilliant, independent Advisory Board - a group of highly qualified and experienced scientists, herbalists, practitioners, and health consultants with a wealth of expert knowledge and experience. And of course, our 90-day money back guarantee!

90-Day Money Back Guarantee

We deliver the very best quality and service to all our customers and every product we sell has a no quibble 90-day money back guarantee. If you are not completely satisfied with your purchase, you may return your unused product or empty container to us within 90 days for a full refund. What have you got to lose?

Simple & Fast Worldwide Delivery

We offer a fast delivery service across the UK and indeed throughout the world. So, no matter where you live, buying from Lily & Loaf is a simple and risk-free process. Start your journey today with Lily & Loaf. We know that when you try our products, you'll become a Lily & Loaf lover too.

Ingredients

Magnesium oxide, ferrous fumarate, vitamin C, zinc gluconate, vitamin E (from **SOY**), niacinamide, beta-carotene, folic acid, ginger rhizome (*Zingiber officinale*), copper gluconate, pantothenic acid, vitamin D3, vitamin B6, biotin, riboflavin, thiamin, potassium iodide, vitamin B12. Anti-caking agent; di-calcium phosphate, bulking agent; cellulose, anti-caking agents; stearic acid, magnesium stearate.

Allergy Advice: contains soy - see ingredients in **BOLD**

Nutritional Information

One tablet contains:		%NRV*
Vitamin A (beta-carotene)	3mg	375%
Vitamin D3 (cholecalciferol)	10mcg	200%
Vitamin E (d-alpha tocopherol from soy)	20mg	167%
Vitamin C (ascorbic acid)	70mg	88%
Thiamine (B1-thiamine mononitrate)	3mg	273%

Riboflavin (B2)	3mg	214%
Niacin (niacinamide)	17mg	106%
Vitamin B6 (pyridoxine hydrochloride)	3mg	214%
Folacin (folic acid)	800mcg	400%
Vitamin B12 (cyanocobalamin)	5mcg	200%
Biotin	30mcg	60%
Pantothenic acid (d-calcium pantothenate)	5mg	83%
Magnesium (oxide)	75mg	20%
Iron (ferrous fumarate)	27mg	193%
Zinc (gluconate)	7mg	70%
Copper (gluconate)	1mg	100%
Iodine (potassium iodide)	75mcg	50%

* % Nutrient Reference Value

Recommended Use

Take one tablet daily with a meal.

Do not exceed the stated recommended daily dosage.

Food Supplements should not be used as a substitute for a balanced diet. Always consult your Doctor or Pharmacist before taking food supplements when you are on prescribed medication.