

PRENACAPS Multi 2 + DHA Product Information

PRENACAPS Multi 2 + DHA is a dietary supplement designed for women from the 13th week of pregnancy through the breastfeeding period.

This product combines 18 essential ingredients, including vitamins, minerals, and omega-3 fatty acids, to support both maternal health and fetal development.

Key Features:

- Active Forms of Nutrients: Contains bioactive forms of folic acid (Quatrefolic®), vitamin B12 (methylcobalamin), and vitamin B6 (P-5-P), which are readily utilized by the body without the need for conversion.
- High-Quality Omega-3 Fatty Acids: Provides 600 mg of DHA and 120 mg of EPA sourced from anchovies, ensuring high bioavailability and purity.
- Comprehensive Nutrient Profile: Includes essential vitamins and minerals such as vitamin D3, iron, magnesium, zinc, and iodine, supporting various physiological functions during pregnancy and lactation.

Composition:

PRENACAPS Multi 2 (per 2 capsules):

- Vitamins:
 - Vitamin B1 (Thiamine): 1.5 mg (136% RDI)
 - Vitamin B2 (Riboflavin): 1.6 mg (114% RDI)
 - Niacin (Vitamin B3): 20 mg (125% RDI)
 - Vitamin B6 (Pyridoxal-5-Phosphate): 2.2 mg (157% RDI)
 - Folic Acid (Quatrefolic®): 800 µg (400% RDI)
 - Vitamin B12 (Methylcobalamin): 3.5 µg (140% RDI)

- Biotin: 100 µg (200% RDI)
- Pantothenic Acid: 10 mg (167% RDI)
- Vitamin C: 180 mg (225% RDI)
- Vitamin D3: 50 µg (2000 IU) (1000% RDI)
- Vitamin E: 12 mg (100% RDI)
- Vitamin A: 500 µg (62.5% RDI)
- Minerals:
 - Magnesium (Citrate): 85 mg (22.7% RDI)
 - Zinc (Citrate): 15 mg (150% RDI)
 - Iron (Fumarate): 28 mg (200% RDI)
 - Iodine (Potassium Iodide): 150 µg (100% RDI)

PRENACAPS DHA (per 2 capsules):

- Fish Oil (from anchovies): 1200 mg
- DHA (Docosahexaenoic Acid): 600 mg
- EPA (Eicosapentaenoic Acid): 120 mg

Recommended Dosage:

Take 2 capsules of PRENACAPS Multi 2 and 2 capsules of PRENACAPS DHA once daily with a meal.

Precautions:

- Consult a healthcare professional before use, especially during pregnancy and breastfeeding.
- Do not exceed the recommended daily dose.
- This supplement should not replace a balanced diet.
- Store in a dry place at room temperature, out of reach of children.

For more detailed information, please visit the official product page.