



Orthoplex Pure Natal sets high purity standards, delivering the latest nutrient forms currently available to support healthy foetal development and the health of mothers before, during and after pregnancy.

**✓** Gluten Free

✓ Dairy Free

✓ Sulfite Free

✓ Soy Protein Free

✓ Vegetarian

- ✓ Delivers both L-5-MTHF and folic acid
- ✓ 20mcg of naturally derived vitamin K2
- Highly bioavailable iron bisglycinate
- √ 1000IU of vegetarian vitamin D
- ✓ Activated B vitamins and methylcobalamin
- ✓ One-a-day formulation

## **Indications**

- Supports healthy pregnancy, providing nutrients which are required in additional quantities before, during and after pregnancy
- Contains essential vitamins and minerals to support the healthy development of the foetus
- Helps support healthy foetal CNS and brain development
- Supports healthy thyroid gland function during pregnancy

**Manufacturing Excipients:** Ascorbyl palmitate, hypromellose, microcrystalline cellulose, purified water.

**Incidental Excipients:** Acacia, citric acid, dl-alpha-tocopherol, maize starch, maltodextrin, medium chain triglycerides, pea starch, silicon dioxide, sodium alginate, sucrose.

Warnings: Advise your doctor of any medicine you take during pregnancy, particularly in your first trimester. Vitamin and mineral supplements should not replace a balanced diet. This medicine 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. If symptoms persist or you are concerned about the health of yourself or your baby, talk to your healthcare practitioner. If you have pre-existing thyroid conditions, seek advice from your medical practitioner before taking this medicine. Stop taking this medication if you experience tingling, burning or numbness and see your healthcare practitioner as soon as possible [Contains vitamin B6].

## Contraindications\*:

**Medications:** Ceftriaxone, Dolutegravir, Elvitegravir, Warfarin.

Pregnancy and lactation: None reported.

## You may also be interested in:

BioActive Lipids · MultiGen Biotic · CitraMag

## Product details

OWPNM-FS004

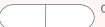
**AUST L** 338644

Pack Size: 50 capsules and 90 capsules

**Adult Dose:** Take 1 capsule daily, with food, or as recommended by your registered healthcare practitioner.

**Storage:** Store at 2°C to 8°C (Refrigerate. Do not freeze)

Capsule Size:



00el

Each capsule contains:	
Levomefolate calcium	325mc
Folic acid	200mcg
Magnesium ascorbate monohydrate equiv. Ascorbic acid	168mg 151mg
Calcium ascorbate dihydrate equiv. Ascorbic acid	182mg 150mg
Betacarotene (Natural)	3mg
Colecalciferol (Vitamin D 1000IU)	25mc
Mecobalamin (Co-methylcobalamin)	400mc
Thiamine nitrate	30m
Riboflavin sodium phosphate	20m
Nicotinamide	35m
Calcium pantothenate	40m
Pyridoxine hydrochloride	30m
Pyridoxal 5-phosphate	11m
Biotin	300mc
Choline bitartrate	100m
Inositol	50m
Iodine (as Potassium iodide)	270mc
Iron (as Iron (II) glycinate)	8m
Chromium (as Chromium nicotinate)	25mc
Chromium (as Chromium picolinate)	25mc
Phytomenadione (Vitamin K1)	70mc
Menaquinone 7 (Vitamin K2)	20mc
Calcium (as Calcium hydrogen phosphate dihydrate)	1.47m
Manganese (as Manganese amino acid chelate)	1mg
Molybdenum (as Molybdenum trioxide)	50mc
Silicon (as Colloidal anhydrous silica)	4.67m
Selenium (as Selenomethionine)	60mc
Zinc (as Zinc citrate dihydrate)	12.3mg