



Pure Natal

Before, During and After Pregnancy



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	325mcg
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)	25mcg
Mecobalamin (Co-methylcobalamin)	400mcg
Thiamine nitrate	30mg
Riboflavin sodium phosphate	20mg
Nicotinamide	35mg
Calcium pantothenate	40mg
Pyridoxine hydrochloride	30mg
Pyridoxal 5-phosphate	11mg
Biotin	300mcg
Choline bitartrate	100mg
Inositol	50mg
Iodine (as Potassium iodide)	270mcg
Iron (as Iron (II) glycinate)	8mg
Chromium (as Chromium nicotinate)	25mcg
Chromium (as Chromium picolinate)	25mcg
Phytomenadione (Vitamin K1)	70mcg
Menaquinone 7 (Vitamin K2)	20mcg
Calcium (as Calcium hydrogen phosphate dihydrate)	1.47mg
Manganese (as Manganese amino acid chelate)	1mg
Molybdenum (as Molybdenum trioxide)	50mcg
Silicon (as Colloidal anhydrous silica)	4.67mg
Selenium (as Selenomethionine)	60mcg
Zinc (as Zinc citrate dihydrate)	12.3mg