



Chela-Preg® PRE-NATAL TRIMESTER 1™

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

Chela-Preg® PRE-NATAL TRIMESTER 1™, film-coated tablets and soft gelatine capsules

Read all of this leaflet carefully because it contains important information for you

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance. Chela-Preg® PRE-NATAL TRIMESTER 1™ is available without a doctor's prescription, for you to treat a mild illness. Nevertheless, you still need to use Chela-Preg® PRE-NATAL TRIMESTER 1™ carefully to get the best results from it.

- Keep this leaflet. You may need to read it again
- Do not share Chela-Preg® PRE-NATAL TRIMESTER 1™ with any other person
- Ask your healthcare provider or pharmacist if you need more information or advice

WHAT Chela-Preg® PRE-NATAL TRIMESTER 1™ CONTAINS

Each Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets) contains:

Calcium carbonate providing Calcium (elemental)	700.0 mg
Magnesium oxide providing Magnesium (elemental)	250.0 mg
Zinc amino acid chelate providing Zinc (elemental)	150.8 mg
Selenium amino acid chelate providing Selenium (elemental)	34.0 mg
Manganese amino acid chelate providing Manganese (elemental)	60.0 µg
Iodine amino acid chelate providing Iodine (elemental)	20.0 mg
Copper amino acid chelate providing Copper (elemental)	150.0 µg
Molybdenum amino acid chelate providing Molybdenum (elemental)	10.0 mg
Chromium rice chelate providing Chromium (elemental)	2.5 mg
	50.0 µg
	300.0 µg
	30.0 µg

Each Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) contains:

Omega 3 Fish oil (<i>Engraulidae</i>) providing min:	250.0 mg
DHA (Docosahexaenoic acid)	137.5 mg
EPA (Eicosapentaenoic acid)	25.0 mg
Ascorbic acid (Vitamin C)	55.0 mg
Pyridoxine hydrochloride	30.0 mg
providing Pyridoxine (Vitamin B ₆)	24.2 mg
Choline bitartrate	25.0 mg
providing Choline	10.0 mg
Nicotinamide (Vitamin B ₃)	18.0 mg
Iron (from Ferrochel™ ferrous bisglycinate chelate 50.0 mg)	10.0 mg
Calcium-D-pantothenate providing d-Pantothenic acid (Vitamin B ₅)	6.0 mg
providing d-Pantothenic acid (Vitamin B ₅)	5.5 mg
Thiamine mononitrate providing Thiamine (Vitamin B ₁)	3.0 mg
Riboflavin (Vitamin B ₂)	2.4 mg
Methyltetrahydrofollic acid, glucosamine salt	2.0 mg
providing Folic acid (Vitamin B ₉)	269.9 µg
Vitamin K	55.0 µg
D-Biotin (Vitamin H)	30.0 µg
Cyanocobalamin (Vitamin B ₁₂)	2.6 µg
Vitamin A palmitate (Vitamin A)	2 640 IU
Cholecalciferol (Vitamin D ₃)	600 IU

The other ingredients are:

Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets): Citric acid, copovidone, croscarmellose sodium, hydroxypropyl methylcellulose, magnesium stearate, maltodextrin, microcrystalline cellulose, potassium iodide, chromium chloride hexahydrate, rice flour, silicon dioxide, sodium hydroxide, sodium molybdate, sodium selenite, stearic acid, sunflower lecithin, sunflower oil, titanium dioxide and triethyl citrate.

Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules): Beeswax yellow, bovine gelatine, butylated hydroxyanisole (BHA), butylated hydroxytoluene (BHT), citric acid, coconut oil, dl-alpha-tocopherol, glycerine, iron oxide black, iron oxide red, lecithin, maltodextrin, mannitol, medium chain triglycerides, peanut oil, purified

water, simethicone, sorbitol, sunflower seed oil and titanium dioxide.

WHAT Chela-Preg® PRE-NATAL TRIMESTER 1™ IS USED FOR

Category D Complementary Medicine Discipline 34.12 Health Supplements. Multiple substance formulation Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets and Evening Capsules) supports foetal and maternal health during the first trimester of pregnancy (1-13 weeks).

BEFORE YOU TAKE Chela-Preg® PRE-NATAL TRIMESTER 1™

Do not take Chela-Preg® PRE-NATAL TRIMESTER 1™ if you are hypersensitive (allergic) to any of the ingredients.

Do not take Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets) if you are hypersensitive (allergic) to iodine. Do not take Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) if you are hypersensitive (allergic) to fish, soy and/or peanut oil. Do not take Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) if you are taking any blood thinning medicines such as warfarin.

This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

Take special care with Chela-Preg® PRE-NATAL TRIMESTER 1™

Vitamin E should not be used during the first trimester of pregnancy. Therefore, do not use Chela-Preg® PRE-NATAL TRIMESTER 2™ (Evening Capsules) or Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) during the first trimester of pregnancy since these products contains vitamin E. Consult a relevant healthcare provider before use if you suffer from a bleeding disorder, take blood-thinning medicines or are asthmatic with sensitivity to aspirin.

Taking Chela-Preg® PRE-NATAL TRIMESTER 1™ with food and drink

Take Chela-Preg® PRE-NATAL TRIMESTER 1™ after meals.

Pregnancy and Breastfeeding

If you are pregnant or breastfeeding your baby, please consult your healthcare provider for advice before taking Chela-Preg® PRE-NATAL TRIMESTER 1™. Chela-Preg® PRE-NATAL TRIMESTER 1™ is safe for use during pregnancy and breastfeeding.

Important information about some of the ingredients of Chela-Preg® PRE-NATAL TRIMESTER 1™

Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets): Sugar free Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) contains sorbitol. If you have been told that you have an intolerance to some sugars, you should not take Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules).

Taking other medicines with Chela-Preg® PRE-NATAL TRIMESTER 1™

Always tell your healthcare provider if you are taking any other medicine. Vitamin K (as in Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) decreases the effect of blood thinning medicines such as warfarin. Do not take Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) if you are taking blood thinning medicines.

HOW TO TAKE Chela-Preg® PRE-NATAL TRIMESTER 1™

Do not share medicines prescribed for you with any other person.

Always take Chela-Preg® PRE-NATAL TRIMESTER 1™ exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dosage is: Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets): Take 1 tablet daily in the morning after meals. Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules): Take 1 capsule daily in the evening after meals.

If you take more Chela-Preg® PRE-NATAL TRIMESTER 1™ than you should

In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.

If you forget to take a dose of Chela-Preg® PRE-NATAL TRIMESTER 1™

Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS

Chela-Preg® PRE-NATAL TRIMESTER 1™ can have side effects. Side effects may include gastrointestinal (stomach) complaints.

Not all side effects reported for Chela-Preg® PRE-NATAL TRIMESTER 1™ are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Chela-Preg® PRE-NATAL TRIMESTER 1™, please consult your healthcare provider for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

STORING AND DISPOSING OF Chela-Preg® PRE-NATAL TRIMESTER 1™

Store all medicines out of reach of children. Store at or below 25 °C. Keep the container in the outer carton. Store in the original package / container. Keep the container tightly closed. Protect from moisture. Do not store in a bathroom. Do not use after the expiry date stated on the label / carton / bottle. Do not use Chela-Preg® PRE-NATAL TRIMESTER 1™ if you notice visible signs of deterioration. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF Chela-Preg® PRE-NATAL TRIMESTER 1™

Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets): A white bottle and cap containing 30 tablets. Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules): A white bottle and cap containing 30 capsules.

IDENTIFICATION OF Chela-Preg® PRE-NATAL TRIMESTER 1™

Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets): A white, oval, film-coated tablet. Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules): A brown, oblong, softgel capsule.

REGISTRATION NUMBER

RSA: TBA
Mongolia: F20201106Supp02244

DATE OF REGISTRATION

TBA

PROFESSIONAL INFORMATION

For further information refer to the Professional Information of the product.

NAME AND ADDRESS OF REGISTRATION HOLDER

Ascendis Consumer Brands (Pty) Ltd
1 Carey Street
Wynberg, Gauteng 2090
South Africa
+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA



Chela-Preg® PRE-NATAL TRIMESTER 1™

PASIENTINLIGTINGSBLAADJIE

SKEDULERINGSSTATUS

Ongeskeduleer

HANDELSNAAM EN DOSEERVORM

Chela-Preg™ PRE-NATAL TRIMESTER 1™, film-bedeekte tablette en sagte gelatien kapsules

Lees die hele inligtingsblaadjie noukeurig deur, dit bevat belangrike inligting vir jou.

Die doel van verskeidenheid is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsaamstelling sowel as geestelike en fisiese prestasies te bewerkstellig. Chela-Preg® PRE-NATAL TRIMESTER 1™ is beskikbaar sonder 'n doktersvoorskrif om

minder ernstige siektes te behandel. Jy moet egtel nogsteeds Chela-Preg® PRE-NATAL TRIMESTER 1™ versigtig gebruik om die beste resultate te verkry.

- Hou hierdie voubljiet, dit mag dalk nodig wees om dit weer te lees
- Moenie Chela-Preg® PRE-NATAL TRIMESTER 1™ met enige ander persoon deel nie
- Raadpleeg jou gesondheidsorgverskaffer of apteker indien jy meer inligting of advies benodig

Wat Chela-Preg® PRE-NATAL TRIMESTER 1™ bevat

Elke Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets) bevat:	
Kalsiumkarbonaat	700.0 mg
verskat Kalsium (elementaal)	252.0 mg
Magnesiumoksied	250.0 mg
verskat Magnesium (elementaal)	150.8 mg
Sink-aminosuurchelate	34.0 mg
verskat Sink (elementaal)	3.4 mg
Selenium-aminosuurchelate	30.0 mg
verskat Selenium (elementaal)	60.0 µg
Mangaan-aminosuurchelate	20.0 mg
verskat Mangaan (elementaal)	2.0 mg
Jodium-aminosuurchelate	15.0 mg
verskat Jodium (elementaal)	150.0 µg
Koper-aminosuurchelate	10.0 mg
verskat Koper (elementaal)	1.0 mg
Molibdeen-aminosuurchelate	2.5 mg
verskat Molibdeen (elementaal)	50.0 µg
Chroom ryse chelate	300.0 µg
verskat Chroom (elementaal)	30.0 µg

Elke Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) bevat:

Omega 3 Visolie (<i>Engraulidae</i>)	250.0 mg
verskat min:	
DHS (Docosahexaenoïsuur)	137.5 mg
EPS (Eicosapentaenoïsuur)	25.0 mg
Askoriesuursuur (Vitamin C)	55.0 mg
Piridoksiendihidrochloried	30.0mg
verskat Piridoksiens (Vitamin B ₆)	24.2 mg
Cholienbitartraat	25.0 mg
verskat Cholien	10.0 mg
Nikotienamied (Vitamin B ₃)	18.0 mg
Yster (van Ferrochel™ ysterhoudende-bisglicinaatchelate 50.0 mg)	10.0 mg
Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets):	6.0 mg
verskat d-Pantoteensuur (Vitamin B ₅)	5.5 mg
Tiamienmononitrat	3.0 mg
verskat Tiamien (Vitamin B ₁)	2.4 mg
Riboflavin (Vitamin B ₂)	2.0 mg
Metieltehtrahidrofoliensuur,	500.0 µg
glukosamien sout	
verskat Foliensuur (Vitamin B ₉)	269.9 µg
Vitamin K	55.0 µg
D-Biotien (Vitamin H)	30.0 µg
Sianokobalamin (Vitamin B ₁₂)	2.6 µg
Vitamin A palmitate (Vitamin A)	2 640 IU
Cholekalsiferol (Vitamin D ₃)	600 IU

Die ander bestanddele is:

Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets): Siltoensuur, kopovidone, kroskarmellose natrium, magnesiumpolietielietellulose, magnesiumpulver, maltodekstrien, mikrokrystallien sellulose, natriumjodied, chroomchloriedheksahidraat, rysmeel, silikondoksied, natriumhidroksied, natriummolibdaat, natriumseleniet, steariensuur, sonneblom lesitiën, sonneblomolie, titaandoksied en trietiel sitraat.

Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules):

Byewas geel, beegelatien, gebuileerde hidroksiansuol (BHA), gebuileerde hidroksitoluene (BHT), siltoensuur, klapperolie, dl-alfa-tokofeol, gliserien, ysteroksied swart, ysteroksied rooi, lesitiën, maltodekstrien, mannitol, medium-ketting trigliseriede, grondbontjieolie, gesuiwerde water, simetikon, sorbitol, sonneblomsaadolie en titaandoksied.

WAARVOOR Chela-Preg® PRE-NATAL TRIMESTER 1™ GEBRUIK WORD

Kategorie D Komplementêre Medisyne Discipline 34.12 Gesondheidsaanvulling. Veevuldige middel formulase Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets and Evening Capsules) ondersteun fetale en moedersegesondheid gedurende die eerste trimester van swangerskap (1-13 weke).

VOORDAT Chela-Preg® PRE-NATAL TRIMESTER 1™ GEBRUIK WORD

Moenie Chela-Preg® PRE-NATAL TRIMESTER 1™ gebruik as wat jy behoort 1™ gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie. Moenie Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets) gebruik indien jy hipersensitief (allergies) is vir jodium nie.

Moenie Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) gebruik indien jy hipersensitief (allergies) is vir vis, soja en/of grondbontjie-olie nie.

Moenie Chela-Preg® PRE-NATAL TRIMESTER 1™ gebruik indien jy enige sigbare tekens van blootverduinningsmedikasie soos warfarin neem nie. Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

Neem spesiale sorg met Chela-Preg® PRE-NATAL TRIMESTER 1™

Vitamine E moet nie gedurende die eerste trimester van swangerskap gebruik word nie. Daarom moet Chela-Preg® PRE-NATAL TRIMESTER 1™ gebruik indien jy enige sigbare tekens van produkafbraak opmerk nie. Besorg enige ongebruikte medisyne terug aan jou apteker. Moenie van ongebruikte medisyne ontslae raak in dreine of rioolstelsels nie (bv. toilette).

Neem van Chela-Preg® PRE-NATAL TRIMESTER 1™ met voedsel en vloeistof

Neem Chela-Preg® PRE-NATAL TRIMESTER 1™ na etes.

Swangerskap en Borsvoeding

As jy swanger is of jou baba borsvoed, raadpleeg jou gesondheidsorgverskaffer voordat jy Chela-Preg® PRE-NATAL TRIMESTER 1™ gebruik. Chela-Preg® PRE-NATAL TRIMESTER 1™ is veilig vir gebruik gedurende swangerskap en borsvoeding.

Belangrike inligting in verband met sommige van die bestanddele in Chela-Preg® PRE-NATAL TRIMESTER 1™

Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets): Suikervry Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules): Suikervry Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) bevat sorbitol. As jy vertel is dat jy 'n intoleransie vir sekere suikers het, moenie Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) neem nie.

As jy ander medisyne saam met Chela-Preg® PRE-NATAL TRIMESTER 1™ neem

Stel altyd jou gesondheidsorgverskaffer in kennis indien jy enige ander medisyne gebruik. Vitamine K (soos in Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) verminder die effek van blootverduinningsmedikasie soos warfarin. Moenie Chela-Preg® PRE-NATAL TRIMESTER 1™ gebruik indien jy hipersensitief (allergies) is vir jodium nie.

HOE OM Chela-Preg® PRE-NATAL TRIMESTER 1™ TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie. Moenie Chela-Preg® PRE-NATAL TRIMESTER 1™ altyd presies soos aanbeveel. Bevestig met jou dokter of apteker indien jy onseker is. Die normale dosering is: Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets): Neem 1 tablet daaglik in die oggend na etes. Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules): Neem 1 kapsule daaglik in die aand na etes.

Indien jy meer Chela-Preg® PRE-NATAL TRIMESTER 1™ gebruik as wat jy behoort

Indien oorsediging vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien genees beskikbaar is nie, kontak die naaste hospitaal of gifteheersentrum.

Indien jy vergeet het om Chela-Preg® PRE-NATAL TRIMESTER 1™ te neem

Moenie 'n dubbele dosis neem om vir oorgeslane dosisse te vergoed nie.

MOONTLIKE NEWE-EFFEKTE

Chela-Preg® PRE-NATAL TRIMESTER 1™ kan moontlik nuwe-effekte veroorsaak. Nuwe-effekte mag insluit gastrointestinale (mag) klages. Nie alle nuwe-effekte wat vir Chela-Preg® PRE-NATAL TRIMESTER 1™ aangemeld is, word in hierdie voubljiet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige Chela-Preg® PRE-NATAL TRIMESTER 1™ gebruik indien jy hipersensitief (allergies) is vir jodium nie.

BERGING EN WEGDOEN VAN Chela-Preg® PRE-NATAL TRIMESTER 1™

Bewaar alle medikasie buite bereik van kinders. Bewaar teen of benede 25 °C. Bewaar die houder in die kartonverpakking. Maak die houder dig toe. Beskerm teen vog. Moenie die produk in die badkamer bewaar nie. Moenie na die vervaldatum wat op die etiket / karton / bottel aangedui is, gebruik nie.

AANBIEDING VAN Chela-Preg® PRE-NATAL TRIMESTER 1™

Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablet): 'n Wit bottel en deksel wat 30 tablette bevat. Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules): 'n Wit bottel en deksel wat 30 kapsules bevat.

IDENTIFIKASIE VAN Chela-Preg® PRE-NATAL TRIMESTER 1™

Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets): Citric acid, copovidone, croscarmellose sodium, hydroxypropyl methylcellulose, magnesium stearate, maltodextrin, microcrystalline cellulose, potassium iodide, chromium chloride hexahydrate, rice flour, silicon dioxide, sodium hydroxide, sodium molybdate, sodium selenite, stearic acid, sunflower lecithin, sunflower oil, titanium dioxide and triethyl citrate.

REGISTRASIENOMMER

RSA: TBA
Mongolia: F20201106Supp02244

DATUM VAN REGISTRASIE

TBA

PROFESSIONELE INLIGTING

Virvrys na die voubljiet met Professionele Inligting vir meer inligting.

NAAM EN BESIGHEIDSAADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

Ascendis Consumer Brands (Pty) Ltd
1 Carey Street
Wynberg, Gauteng 2090
South Africa
+27 11 036 9420

DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING

TBA

905M323/00



Chela-Preg® PRE-NATAL TRIMESTER 1™

PROFESSIONAL INFORMATION

SCHEDULING STATUS

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

Chela-Preg® PRE-NATAL TRIMESTER 1™, film-coated tablets and softgel capsules

COMPOSITION

Each Chela-Preg® PRE-NATAL TRIMESTER 1™ (Morning Tablets) contains:	
Calcium carbonate	700.0 mg
providing Calcium (elemental)	252.0 mg
Magnesium oxide	250.0 mg
providing Magnesium (elemental)	150.8 mg
Zinc amino acid chelate	34.0 mg
providing Zinc (elemental)	3.4 mg
Selenium amino acid chelate	30.0 mg
providing Selenium (elemental)	60.0 µg
Manganese amino acid chelate	20.0 mg
providing Manganese (elemental)	2.0 mg
Iodine amino acid chelate	15.0 mg
providing Iodine (elemental)	150.0 µg
Copper amino acid chelate	10.0 mg
providing Copper (elemental)	1.0 mg
Molybdenum amino acid chelate	2.5 mg
providing Molybdenum (elemental)	50.0 µg
Chromium rice chelate	300.0 µg
providing Chromium (elemental)	30.0 µg

Each Chela-Preg® PRE-NATAL TRIMESTER 1™ (Evening Capsules) contains:

Omega 3 Fish oil (<i>Engraulidae</i>) providing min:	250.0 mg
DHA (Docosahexaenoic acid)	137.5 mg
EPA (Eicosapentaenoic acid)	25.0 mg
Ascorbic acid (Vitamin C)	55.0 mg
Pyridoxine hydrochloride	30.0 mg
providing Pyridoxine (Vitamin B ₆)	24.2 mg
Choline bitartrate	25.0 mg
providing Choline	10.0 mg
Nicotinamide (Vitamin B ₃)	18.0 mg
Iron (from Ferrochel™ ferrous bisglycinate chelate 50.0 mg)	10.0 mg
Calcium-D-pantothenate providing d-Pantothenic acid (Vitamin B ₅)	6.0 mg
providing d-Pantothenic acid (Vitamin B ₅)	5.5 mg
Thiamine mononitrate providing Thiamine (Vitamin B ₁)	3.0 mg
Riboflavin (Vitamin B ₂)	2.4 mg
Methyltetrahydrofollic acid, glucosamine salt	2.0 mg
providing Folic acid (Vitamin B ₉)	269.9 µg
Vitamin K	55.0 µg