

**CHELA-PREG® PRE-NATAL TRIMESTER 2™****PATIENT INFORMATION LEAFLET****SCHEDULING STATUS**
Unscheduled**PROPRIETARY NAME AND DOSAGE FORM**

CHELA-PREG® PRE-NATAL TRIMESTER 2™, film-coated tablets and softgel 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 2™ 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 2™ 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 2™ with any other person
- Ask your healthcare provider or pharmacist if you need more information or advice

WHAT CHELA-PREG® PRE-NATAL TRIMESTER 2™ CONTAINS

Each CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets) contains:

Calcium carbonate	556.0 mg
providing Calcium (elemental)	150.8 mg
Magnesium oxide	250.0 mg
providing Magnesium (elemental)	150.8 mg
Zinc amino acid chelate	43.0 mg
providing Zinc (elemental)	4.3 mg
Manganese amino acid chelate	20.0 mg
providing Manganese (elemental)	2.0 mg
Selenium amino acid chelate	15.0 mg
providing Selenium (elemental)	30.0 µg
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 2™ (Evening Capsules) contains:

Omega 3 Fish oil (<i>Engraulidae</i>)	200.0 mg
providing min:	
DHA (Docosahexaenoic acid)	110.0 mg
EPA (Eicosapentaenoic acid)	20.0 mg
Ascorbic acid (Vitamin C)	42.5 mg
Choline bitartrate	25.0 mg
providing Choline	10.0 mg
Iron (from Ferrocetel™ ferrous bisglycinate chelate 50.0 mg)	9.0 mg
Nicotinamide (Vitamin B ₃)	3.0 mg
Calcium-D-pantothenate	3.0 mg
providing d-Panthenic acid (Vitamin B ₅)	2.8 mg
Thiamine mononitrate	1.5 mg
providing Thiamine (Vitamin B ₁)	1.2 mg
Riboflavin (Vitamin B ₂)	1.0 mg
Pyridoxine hydrochloride	950.0 µg
providing Pyridoxine (Vitamin B ₆)	780.0 µg
Methyltetrahydrofolate acid, glucosamine salt	250.0 µg
providing Folic acid (Vitamin B ₉)	134.9 µg
Vitamin K ₁	27.5 µg
D-Biotin (Vitamin H)	15.0 µg
Cyanocobalamin (Vitamin B ₁₂)	1.3 µg
Vitamin A palmitate (Vitamin A)	1 320 IU
Cholecalciferol (Vitamin D ₃)	300 IU
All-rac-alpha-tocopheryl acetate (Vitamin E)	5 IU

The other ingredients are:

CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets): Chromium chloride hexahydrate, citric acid, copovidone, croscarmellose sodium, hydroxypropyl methylcellulose, magnesium stearate, maltodextrin, microcrystalline cellulose, potassium iodide, 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 2™ (Evening Capsules): Beeswax yellow, bovine gelatine, butylated hydroxyanisole (BHA), butylated hydroxytoluene (BHT), citric acid, coconut oil, d-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 2™ IS USED FOR

Category D Complementary Medicine
Discipline 34.12 Health Supplements. Multiple substance formulation
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets and Evening Capsules) supports the health of the mother and developing baby during the second trimester of pregnancy (14-26 weeks).

BEFORE YOU TAKE CHELA-PREG® PRE-NATAL TRIMESTER 2™

Do not take CHELA-PREG® PRE-NATAL TRIMESTER 2™ if you are hypersensitive (allergic) to any of the ingredients.

Do not take CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules) if you are hypersensitive (allergic) to fish, soy and/or peanut oil.

Do not take CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets) if you are hypersensitive (allergic) to iodine.

Do not take CHELA-PREG® PRE-NATAL TRIMESTER 2™ (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 2™

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-PRE PRE-NATAL TRIMESTER 3 (Evening Capsules) during the **first trimester** of pregnancy since these products contain vitamin E.
Consult a relevant health care 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 2™ with food and drink
Take CHELA-PREG® PRE-NATAL TRIMESTER 2™ 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 2™

CHELA-PREG® PRE-NATAL TRIMESTER 2™ is safe for use from the 2nd trimester of pregnancy and during breastfeeding.

Important information about some of the ingredients of CHELA-PREG® PRE-NATAL TRIMESTER 2™

CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets):
Sugar free.
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules):
Sugar free.
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (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 2™ (Evening Capsules).

Taking other medicines with CHELA-PREG® PRE-NATAL TRIMESTER 2™

Always tell your healthcare provider if you are taking any other medicine.
Vitamin K (as in CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules) decreases the effect of blood thinning medicines such as warfarin. Do not take CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules) if you are taking blood thinning medicines.

HOW TO TAKE CHELA-PREG® PRE-NATAL TRIMESTER 2™

Do not share medicines prescribed for you with any other person.
Always take CHELA-PREG® PRE-NATAL TRIMESTER 2™ exactly as instructed. You should check with your doctor or pharmacist if you are unsure.

The usual dosage is:
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets):

Take 1 tablet daily in the morning after meals.

CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules):

Take 2 capsules daily in the evening after meals.

If you take more CHELA-PREG® PRE-NATAL TRIMESTER 2™ 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 2™

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

POSSIBLE SIDE EFFECTS

CHELA-PREG® PRE-NATAL TRIMESTER 2™ can have side effects.
Side effects may include gastrointestinal (stomach) complaints.

Vitamin E moet nie gedurende die **eerste trimester** van swangerskap gebruik word nie. Daarom moet CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules) nie gedurende die **eerste trimester** van swangerskap gebruik word nie aangesien hierdie produkte vitamien E bevat.

STORING AND DISPOSING OF CHELA-PREG® PRE-NATAL TRIMESTER 2™

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 use after the expiry date stated on the label / carton / bottle.
Do not use CHELA-PREG® PRE-NATAL TRIMESTER 2™ 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 2™

CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets):
A white bottle and cap containing 30 tablets.
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules):
A white bottle and cap containing 60 capsules.

IDENTIFICATION OF CHELA-PREG® PRE-NATAL TRIMESTER 2™

CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets):
A white, oval, film-coated tablet.
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules):
A brown, oblong, softgel capsule.

REGISTRATION NUMBER

RSA: TBA
Mongolia: F20201106Supp02245

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
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+27 11 036 9420

DATE OF PUBLICATION OF THE PROFESSIONAL INFORMATION

TBA

**CHELA-PREG® PRE-NATAL TRIMESTER 2™****PASIENTINLIGTINGSBLAADJIE****SKEDULERINGSSTATUS**

Ongekduleer

HANDELSNAAM EN DOSEERVORM

CHELA-PREG® PRE-NATAL TRIMESTER 2™, film-bedeekte tablette en sagtelg kapsules

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

’n Dieet met verskeidenheid is die doeltreffendste en veiligste manier om goeie voeding, gesondheid, liggaamsamestelling sowel as geestelike en fisiese prestasies te bewerkstellig.
CHELA-PREG® PRE-NATAL TRIMESTER 2™ is beskikbaar sonder ’n doktersvoorskrif om minder ernstige siektes te behandel. Jy moet

egter nogsteeds CHELA-PREG® PRE-NATAL TRIMESTER 2™ 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 2™ met enige ander persoon deel nie
- Raadpleeg jou gesondheidsorgverskaffer of apteker indien jy meer inligting of advies benodig

WAT CHELA-PREG® PRE-NATAL TRIMESTER 2™ BEVAT

Eke CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets) bevat:

Kalsiumkarbonaat	1544.4 mg
verskat Kalsium (elementaal)	556.0 mg
Magnesiumoksied	250.0 mg
verskat Magnesium (elementaal)	150.8 mg
Sink-aminosuurchelate	43.0 mg
verskat Sink (elementaal)	4.3 mg
Mangaan-aminosuurchelate	20.0 mg
verskat Mangaan (elementaal)	2.0 mg
Selenium-aminosuurchelate	15.0 mg
verskat Selenium (elementaal)	30.0 µg
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 rys chelate	300.0 µg
verskat Chroom (elementaal)	30.0 µg

Eke CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules) bevat:

Omega 3 Visolie (<i>Engraulidae</i>)	200.0 mg
verkat min:	
DHS (Dokosaheksaensuur)	110.0 mg
EPA (Eikosapentaensuur)	20.0 mg
Askorbienuur (Vitamin C)	42.5 mg
Cholienbitraat	25.0 mg
Chroom rys chelate	10.0 mg
Yster (van Ferrocetel™ ysterhoudende-bisglicinaatchelate 50.0 mg)	9.0 mg
Nikotienamied (Vitamin B ₃)	3.0 mg
Kalsium-D-pantotenaat	3.0 mg
verskat d-Pantotensuur (Vitamin B ₅)	2.8 mg
Tiamienmononitrat	1.5 mg
verskat Tiamien (Vitamin B ₁)	1.2 mg
Riboflavin (Vitamin B ₂)	1.0 mg
Pyridoksienhidrochloried	950.0 µg
verskat Pyridoksien (Vitamin B ₆)	780.0 µg
Mietieltetrahidrofoliensuur, glukosamien sout	250.0 µg
verskat Foliensuur (Vitamin B ₉)	134.9 µg
Vitamin K ₁	27.5 µg
D-Biotien (Vitamin H)	15.0 µg
Sianokobalamin (Vitamin B ₁₂)	1.3 µg
Vitamin A palmitaat (Vitamin A)	1 320 IU
Cholekalsiferol (Vitamin D ₃)	300 IU
All-rac-alfa-tokoferielsesaat (Vitamin E)	5 IU

Die ander bestanddele is:

CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets): Chroomchloriedheksahidraat, sitreonsuur, kopovidoon, kroskarmellose natrium, hidroksiopropielmetielcellulose, magnesiumstearaat, maltodekstrien, krokokristalyn sellulose, kaliumiodied, rysmeel, silikondioksied, silikondioksied, natriumhidroksied, natriummolibdaat, natriumseleniet, steariensuur, sonneblom lesitiën, sonneblomolie, litaandioksied en triëtel sitraat.

CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules): Byewas geel, beesgelatien, gebutelleerde hidroksianisool (BHA), gebutelleerde hidroksitoluëen (BHT), sitreonsuur, klapperolie, d-alfa-tokoteroi, gliserien, ysteroksied swart, ysteroksied rooi, lesitiën, maltodekstrien, mannitol, medium-ketting trigliesierde, grondbontjiesolie, gesuiwerde water, simetikon, sorbitol, sonneblomsaadolie en litaandioksied.

WAARVOOR CHELA-PREG® PRE-NATAL TRIMESTER 2™ GEBRUIK WORD

Kategorie D Komplementêre Medisyne
Dissipline 34.12 Gesondheidsaanvulling.
Veelvuldige middel formulase
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets and Evening Capsules)
Klaarjies
Nie alle nuwe-effekte wat vir CHELA-PREG® PRE-NATAL TRIMESTER 2™ aangemeld is word in hierdie voubljiet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind brwy jy CHELA-PREG® PRE-NATAL TRIMESTER 2™ gebruik, moet jy asseblief jou gesondheidsorgverskaffer raadpleeg.
Indien jy enige nuwe-effekte waarneem wat nie in hierdie voubljiet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

VOORDAT CHELA-PREG® PRE-NATAL TRIMESTER 2™ GEBRUIK WORD

Moenie CHELA-PREG® PRE-NATAL TRIMESTER 2™ gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie.

Moenie CHELA-PREG® PRE-NATAL TRIMESTER 2™ gebruik indien jy hipersensitief (allergies) is vir vis, soja en/of grondbontjie-olie nie.
Moenie CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets) gebruik indien jy hipersensitief (allergies) is vir jodium nie.

Moenie CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules) gebruik as jy enige bloedverduunnings medikasie 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 2™

Vitamin E moet nie gedurende die **eerste trimester** van swangerskap gebruik word nie. Daarom moet CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules) nie gedurende die **eerste trimester** van swangerskap gebruik word nie aangesien hierdie produkte vitamien E bevat.
Raadpleeg ’n relevante gesondheidsorgverskaffer voor gebruik as jy aan ’n bloedingsversteuring jy, bloedverduunningsmedikasie neem of astmasies is met sensitiewit vir aspirien.

Neem van CHELA-PREG® PRE-NATAL TRIMESTER 2™ met voedsel of vloeistof

Neem CHELA-PREG® PRE-NATAL TRIMESTER 2™ na etes.

Swangerskap en Borsvoeding

As jy swanger is of jou baba borsvoed, raadpleeg jou gesondheidsorgverskaffer voordat jy CHELA-PREG® PRE-NATAL TRIMESTER 2™ gebruik.

CHELA-PREG® PRE-NATAL TRIMESTER 2™ is veilig vir gebruik van die 2de trimester van swangerskap en tydens borsvoeding.

Belangrike inligting in verband met sommige van die bestanddele in CHELA-PREG® PRE-NATAL TRIMESTER 2™

CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets):
Suikervry.
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules):
Suikervry.
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules) bevat sorbitol. As jy vertel is dat jy ’n intoleransie vir sekere suikers het, moenie CHELA-PREG® PRE-NATAL TRIMESTER 2™ gebruik.

As jy ander medisyne saam met CHELA-PREG® PRE-NATAL TRIMESTER 2™ neem

Stel altyd jou gesondheidsorgverskaffer in kennis indien jy enige ander medisyne gebruik.
Vitamin K (soos in CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules) verminder die effek van bloedverduunningsmedikasie soos warfarin. Moenie CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules) gebruik indien jy bloedverduunnings medikasie neem nie.

HOE OM CHELA-PREG® PRE-NATAL TRIMESTER 2™ TE GEBRUIK

Moenie jou medisyne met enige iemand anders deel nie.

Neem CHELA-PREG® PRE-NATAL TRIMESTER 2™ altyd presies soos aanbeveel. Bepeslig met jou dokter of apteker indien jy onseker is.
Die normale dosering is:
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets):
Neem 1 tablet daagliks in die oggend na etes.
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules):
Neem 2 kapsules daagliks in die aand na etes.

Indien jy meer CHELA-PREG® PRE-NATAL TRIMESTER 2™ gebruik as wat jy behoort

Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geenre beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

Indien jy vergeet het om CHELA-PREG® PRE-NATAL TRIMESTER 2™ TE NEEM

Moenie ’n dubbele dosis neem om vir orgeslane dosisse te vergoed nie.

MOONTLIKE NEWE-EFFEKTE

CHELA-PREG® PRE-NATAL TRIMESTER 2™ kan moontlik nuwe-effekte veroorsaak.
Nuwe-effekte mag insluit gastrointestinale (maag) klagtes.

Nie alle nuwe-effekte wat vir CHELA-PREG® PRE-NATAL TRIMESTER 2™ aangemeld is word in hierdie voubljiet genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind brwy jy CHELA-PREG® PRE-NATAL TRIMESTER 2™ gebruik, moet jy asseblief jou gesondheidsorgverskaffer raadpleeg.
Indien jy enige nuwe-effekte waarneem wat nie in hierdie voubljiet genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN CHELA-PREG® PRE-NATAL TRIMESTER 2™

Bewaar alle medikasie buite bereik van kinders. Bewaar teen of benede 25 °C.

Bewaar die houer in die kartonverpakking. Bewaar in die oorspronklike houer.

Maak die houer 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.
Moenie CHELA-PREG® PRE-NATAL TRIMESTER 2™ 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).

AANDIEDING VAN CHELA-PREG® PRE-NATAL TRIMESTER 2™

CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets):
’n Wit bottel en deksel wat 30 tablette bevat.
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules):
’n Wit bottel en deksel wat 60 kapsules bevat.

IDENTIFIKASIE VAN CHELA-PREG® PRE-NATAL TRIMESTER 2™

CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets):
’n Wit, ovaal, film-bedeekte tablet.
CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Evening Capsules):
’n Bruin, langwerpige, sagtelg kapsule.

REGISTRASIENOMMER

RSA: TBA
Mongolia: F20201106Supp02245

DATUM VAN REGISTRASIE

TBA

PROFESSIONELE INLIGTING

Verwys na die voubljiet met Professionele Inligting vir meer inligting.

NAAM EN BESIGHEIDSDRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

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South Africa
+27 11 036 9420

DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING

TBA

905M324/00

**CHELA-PREG® PRE-NATAL TRIMESTER 2™****PROFESSIONAL INFORMATION****SCHEDULING STATUS**

Unscheduled

PROPRIETARY NAME AND DOSAGE FORM

CHELA-PREG® PRE-NATAL TRIMESTER 2™, film-coated tablets and softgel capsules

COMPOSITION

Each CHELA-PREG® PRE-NATAL TRIMESTER 2™ (Morning Tablets) contains:

Calcium carbonate	1544.4 mg
providing Calcium (elemental)	556.0 mg
Magnesium oxide	250.0 mg
providing Magnesium (elemental)	150.8 mg
Zinc amino acid chelate	43.0 mg
providing Zinc (elemental)	4.3 mg
Manganese amino acid chelate	20.0 mg
providing Manganese (elemental)	2.0 mg
Selenium amino acid chelate	15