



Chela-Preg® PRE-NATAL TRIMESTER 3™

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS
Unscheduled

PROPRIETARY NAME AND DOSAGE FORM
Chela-Preg® PRE-NATAL TRIMESTER 3™,
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 3™ 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 3™ 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 3™ with any other person
• Ask your healthcare provider or pharmacist if you need more information or advice

WHAT Chela-Preg® PRE-NATAL TRIMESTER 3™ CONTAINS

Each Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets) contains:	
Calcium carbonate	1121.0 mg
providing Calcium (elemental)	404.0 mg
Magnesium oxide	125.0 mg
providing Magnesium (elemental)	75.4 mg
Zinc amino acid chelate	30.0 mg
providing Zinc (elemental)	3.0 mg
Selenium amino acid chelate	15.0 mg
providing Selenium (elemental)	30.0 µg
Manganese amino acid chelate	10.0 mg
providing Manganese (elemental)	1.0 mg
Iodine amino acid chelate	7.5 mg
providing Iodine (elemental)	75.0 µg
Copper amino acid chelate	5.0 mg
providing Copper (elemental)	500.0 µg
Molybdenum amino acid chelate	1.3 mg
providing Molybdenum (elemental)	25.0 µg
Chromium rice chelate	150.0 µg
providing Chromium (elemental)	15.0 µg

Each Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) contains:	
Omega 3 Fish oil (<i>Engraulidae</i>) providing min:	300.0 mg
DHA (Docosahexaenoic acid)	165.0 mg
EPA (Eicosapentaenoic acid)	30.0 mg
Choline bitartrate	75.0 mg
providing Choline	29.9 mg
Ascorbic acid (Vitamin C)	42.5 mg
Iron from Ferrocℒ™ ferrous bisglycinate chelate 60.0 mg)	12.0 mg
Nicotinamide (Vitamin B ₃)	9.0 mg
Calcium-D-pantothenate	3.0 mg
providing D-Pantothenic 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
Methyltetrahydrofollic acid, glucosamine salt	250.0 µg
providing Folic acid (Vitamin B ₉)	134.9 µg
Vitamin K ₁	27.5 ug
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)	8 IU

The other ingredients are: Chela-Preg® PRE-NATAL TRIMESTER 3™ (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 3™ (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 3™ IS USED FOR
Category D Complementary Medicine Discipline 34.12 Health Supplements. Multiple substance formulation Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets and Evening Capsules) supports the health of the mother and developing baby during the second trimester of pregnancy (27-40 weeks).

BEFORE YOU TAKE Chela-Preg® PRE-NATAL TRIMESTER 3™
Do not take Chela-Preg® PRE-NATAL TRIMESTER 3™ if you are hypersensitive (allergic) to any of the ingredients. Do not take Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) if you are hypersensitive (allergic) to fish, soy and/or peanut oil. Do not take Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets) if you are hypersensitive (allergic) to iodine. Do not take Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) if you are taking any blood thinning medicines such as warfarin.

Take special care with Chela-Preg® PRE-NATAL TRIMESTER 3™
Chela-Preg® PRE-NATAL TRIMESTER 3™ 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 healthcare provider before use if you suffer from a bleeding disorder, take blood-thinning medicines or are asthmatic with sensitivity to aspirin. This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

Taking Chela-Preg® PRE-NATAL TRIMESTER 3™ with food and drink
Take Chela-Preg® PRE-NATAL TRIMESTER 3™ 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 3™. Chela-Preg® PRE-NATAL TRIMESTER 3™ is safe for use from the 3rd trimester of pregnancy and during breastfeeding.

Important information about some of the ingredients of Chela-Preg® PRE-NATAL TRIMESTER 3™
Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets): Sugar free Chela-Preg® PRE-NATAL TRIMESTER 3™ (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 3™ (Evening Capsules).

Taking other medicines with Chela-Preg® PRE-NATAL TRIMESTER 3™
Always tell your healthcare provider if you are taking any other medicine. Vitamin K (as in Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) decreases the effect of blood thinning medicines such as warfarin. Do not take Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) if you are taking blood thinning medicines.

HOW TO TAKE Chela-Preg® PRE-NATAL TRIMESTER 3™
Do not share medicines prescribed for you with any other person. Always take Chela-Preg® PRE-NATAL TRIMESTER 3™ exactly as instructed. You should check with your doctor or pharmacist if you are unsure. The usual dosage is: Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets): Take 2 tablets daily in the morning after meals. Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules): Take 2 capsules daily in the evening after meals.

If you take more Chela-Preg® PRE-NATAL TRIMESTER 3™ 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 3™
Do not take a double dose to make up for forgotten individual doses.

POSSIBLE SIDE EFFECTS
Chela-Preg® PRE-NATAL TRIMESTER 3™ can have side effects. Side effects may include gastrointestinal (stomach) complaints. Not all side effects reported for Chela-Preg® PRE-NATAL TRIMESTER 3™ are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Chela-Preg® PRE-NATAL TRIMESTER 3™, 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 3™
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 3™ 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 3™
Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets): A white bottle and cap containing 60 tablets. Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules): A white bottle and cap containing 60 capsules.

IDENTIFICATION OF Chela-Preg® PRE-NATAL TRIMESTER 3™
Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets): A white, oval, film-coated tablet. Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules): A brown, oblong, soft gelatine capsule.

REGISTRATION NUMBER
RSA: TBA
Mongolia: F20201106Supp02246

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 2™

PASIENTINLIGTINGSBLADJIE

SKEDULERINGSSTATUS

HANDELSNAAM EN DOSEERVORM

Chela-Preg® PRE-NATAL TRIMESTER 3™, film-bedeekte tablette en sagtelgel kapsules

Lees die hele inligtingsblaadjie noukeurig deur, dit bevat belangrike inligting vir jou.
In 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 3™ is beskikbaar sonder 'n doktersvoorskrif om minder ernstige saksies te behandel. Jy moet egter nogsteeds Chela-Preg® PRE-NATAL TRIMESTER 3™ versigtig gebruik om die beste resultate te verkry.
• Hou hierdie voubluif, dit mag dalk nodig wees om dit weer te lees
• Moenie Chela-Preg® PRE-NATAL

TRIMESTER 3™ met enige ander persoon deel nie
• Raadpleeg jou gesondheidsorgverskaffer of apteker indien jy meer inligting of advies benodig

WAT Chela-Preg® PRE-NATAL TRIMESTER 3™ BEVAT

Eike tablette Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets) bevat:	
Kalsiumkarbonaat	1121.0 mg
verskat Kalsium (elementaal)	404.0 mg
Magnesiumoksied	125.0 mg
verskat Magnesium (elementaal)	75.4 mg
Sink-aminosuurchelate	30.0 mg
verskat Sink (elementaal)	3.0 mg
Selenium-aminosuurchelate	15.0 mg
verskat Selenium (elementaal)	30.0 µg
Mangaan-aminosuurchelate	10.0 mg
verskat Mangaan (elementaal)	1.0 mg
Jodium-aminosuurchelate	7.5 µg
verskat Jodium (elementaal)	75.0 µg
Koper-aminosuurchelate	5.0 mg
verskat Koper (elementaal)	500.0 µg
Molibdeen-aminosuurchelate	1.3 mg
verskat Molibdeen (elementaal)	25.0 µg
Chroom rys chelate	150.0 µg
verskat Chroom (elementaal)	15.0 µg

Eike Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) bevat:	
Omega 3 Visolie (<i>Engraulidae</i>)	300.0 mg
verskat min:	
DHS (Dokosaheksaensanoësuur)	165.0 mg
EPS (Eikosapentaenoësuur)	30.0 mg
Cholienbitartraat	75.0 mg
verskat Cholien	29.9 mg
Askorbiensuur (Vitamin C)	42.5 mg
Yster (van Ferrocℒ™ ysterhoudende-bisglicinaat)chelate 60.0 mg)	12.0 mg
Nikotienamide (Vitamin B ₃)	9.0 mg
Kalsium-D-Pantolenaat	3.0 mg
verskat D-Pantolenaësuur (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
Piridoksiënhidrochloried	950.0 µg
verskat Piridoksiën (Vitamin B ₆)	780.0 µg
Metiëltetrahidrofoliensuur,	250.0 µg
glukosamiën sout	
verskat Folienisuur (Vitamin B ₉)	134.9 µg
Vitamin K ₁	27.5 ug
D-Biotien (Vitamin H)	15.0 µg
Siapokobalamien (Vitamin B ₁₂)	1.3 µg
Vitamin A palmitaat (Vitamin A)	1 320 IU
Cholekalsiferol (Vitamin D ₃)	300 IU
All-rac-alfa-tokofolienasetaat (Vitamin E)	8 IU

Die ander bestanddele is: Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets): Chroomchloriedoksienhidraat, sitroensuur, kopovidoon, kroskarmellose natrium, hidroksipropielmetiëlsellulose, magnesiumsleeraai, maltodoksiën, mikrokristalyn sellulose, kalsiumdiësiel, ryseel, silikondioksied, natriumhidroksied, natriummolibdaat, natriumseleniet, steariensuur, sonneblomlesien, sonneblomolie, titaandioksied en triëtiel sitraat.

Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules): Byewas geel, beesgelatien, gebuileerde hidroksianisool (BHA), gebuileerde hidroksitoluëen (BHT), sitroensuur, klapperolie, dl-alfa-tokoterol, gliserien, ysteroksied swart, ysteroksied rooi, lesitiën, maltodoksiën, mannitol, medium-ketting trigliesiere, grondboontjieolie, gesuiwerde water, sorbitol, sonneblomsaadolie en titaandioksied.

WAARVOOR Chela-Preg® PRE-NATAL TRIMESTER 3™ GEBRUIK WORD
Kategorie D Komplementêre Medisyne Discipline 34.12 Gesondheidsaanvulling. Veevludige middel formulisie Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets and Evening Capsules) ondersteun die gesondheid van die moeder en die ontwikkeling van die baba gedurende die tweede trimester van swangerskap (27-40 weke).

VOORDAT Chela-Preg® PRE-NATAL TRIMESTER 3™ GEBRUIK WORD
Moenie Chela-Preg® PRE-NATAL TRIMESTER 3™ gebruik indien jy hipersensitief (allergies) is vir enige van die bestanddele nie. Moenie Chela-Preg® PRE-NATAL TRIMESTER 3™ gebruik indien jy hipersensitief (allergies) is vir jodium nie. Moenie Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) gebruik as jy enige bloedverduinnings medikasie soos warfarin neem nie.

Neem spesiale sorg met Chela-Preg® PRE-NATAL TRIMESTER 3™
Chela-Preg® PRE-NATAL TRIMESTER 3™ moet nie gedurende die **eerste trimester** van swangerskap gebruik word nie. Daarom moet Chela-Preg® PRE-NATAL TRIMESTER 2™ (Evening Capsules) of Chela-Preg® PRE-NATAL TRIMESTER 3™ (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 ly, bloedverduinningsmedikasie neem of astmasies is met sensitiwiteit vir aspirien. Hierdie ongeregistreerde medisyne is nie deur SAHPRA geëvalueer vir sy gehalte, veiligheid of beoogde gebruik nie.

Neem van Chela-Preg® PRE-NATAL TRIMESTER 3™ met voedsel en vloeistof
Neem Chela-Preg® PRE-NATAL TRIMESTER 3™ na etes.

Swangerskap en Borsvoeding
As jy swanger is of jou baba borsvoed, raadpleeg jou gesondheidsorgverskaffer voordat jy Chela-Preg® PRE-NATAL TRIMESTER 3™ gebruik. Chela-Preg® PRE-NATAL TRIMESTER 3™ is veilig vir gebruik van die 3de trimester van swangerskap en tydens borsvoeding.

Belangrike inligting in verband met sommige van die bestanddele in Chela-Preg® PRE-NATAL TRIMESTER 3™
Chela-Preg® PRE-NATAL TRIMESTER 3 (Morning Tablets): Suikervry Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules): Suikervry Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) bevat sorbitol. As jy vertel is dat jy 'n intoleransie vir sekere suikers het, moenie Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) neem nie.

As jy ander medisyne saam met Chela-Preg® PRE-NATAL TRIMESTER 3™ neem
Stel altyd jou gesondheidsorgverskaffer in kennis indien jy enige ander medisyne gebruik. Vitamin K (soos in Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) verminder die effek van bloedverduinnings medikasie soos warfarin. Moenie Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) gebruik indien jy bloedverduinnings medikasie neem nie.

HOE OM Chela-Preg® PRE-NATAL TRIMESTER 3™ TE GEBRUIK
Moenie jou medisyne met enige iemand anders deel nie. Moenie Chela-Preg® PRE-NATAL TRIMESTER 3™ altyd presies soos aanbeveel. Bepvestig met jou dokter of apteker indien jy onseker is. Die normale dosering is: Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets): Neem 2 tablette daaglik in die oggend na etes. Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules): Neem 2 kapsules daaglik saans na etes.

Indien jy meer Chela-Preg® PRE-NATAL TRIMESTER 3™ gebruik as wat jy behoort
Indien oordosering vermoed word, raadpleeg onmiddellik jou dokter of apteker. Indien geen een beskikbaar is nie, kontak die naaste hospitaal of giftheersentrum.

Indien jy vergeet het om Chela-Preg® PRE-NATAL TRIMESTER 3™ te neem
Moenie 'n dubbele dosis neem om vir oorgeleane dosisse te vergoed nie.

MOONTLIKE NEWE-EFFEKTE
Chela-Preg® PRE-NATAL TRIMESTER 3™ kan moontlik newe-effekte veroorsaak. Newe-effekte mag insluit gastrointestinale (mag) klagtes. Nie alle newe-effekte wat vir Chela-Preg® PRE-NATAL TRIMESTER 3™ aangemeld is word in hierdie voubluif genoem nie. Indien jou algemene gesondheid verswak of indien jy enige nadelige effekte ondervind terwyl jy Chela-Preg® PRE-NATAL TRIMESTER 3™ gebruik, moet jy assabiel jou gesondheidsorgverskaffer raadpleeg. Indien jy enige newe-effekte waarneem wat nie in hierdie voubluif genoem word nie, moet jy jou dokter of apteker daarvan vertel.

BERGING EN WEGDOEN VAN Chela-Preg® PRE-NATAL TRIMESTER 3™
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 3™ 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).

AANBIEDING VAN Chela-Preg® PRE-NATAL TRIMESTER 3™
Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets): 'n Wit bottel en deksel wat 60 tablette bevat. Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules): 'n Wit bottel en deksel wat 60 kapsules bevat.

IDENTIFIKASIE VAN Chela-Preg® PRE-NATAL TRIMESTER 3™
Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets): 'n Wit, oval, film-bedeekte tablet. Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules): 'n Bruin, langwerpige, sagle gelatien kapsule.

REGISTRASIEHOMMER
RSA: TBA
Mongolia: F20201106Supp02246

DATUM VAN REGISTRASIE
TBA

PROFESSIONELE INLIGTING
Verwys na die voubluif met Professionele Inligting vir meer inligting.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT
Ascendis Consumer Brands (Pty) Ltd
1 Carey Street
Wynberg, Gauteng 2090
South Africa
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DATUM VAN PUBLIKASIE VAN DIE PROFESSIONELE INLIGTING
TBA

90SM325/00



Chela-Preg® PRE-NATAL TRIMESTER 3™

PROFESSIONAL INFORMATION

SCHEDULING STATUS
Unscheduled

PROPRIETARY NAME AND DOSAGE FORM
Chela-Preg® PRE-NATAL TRIMESTER 3™,
film-coated tablets and softgel capsules

Each Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets) contains:	
Calcium carbonate	1121.0 mg
providing Calcium (elemental)	404.0 mg
Magnesium oxide	125.0 mg
providing Magnesium (elemental)	75.4 mg
Zinc amino acid chelate	30.0 mg
providing Zinc (elemental)	3.0 mg
Selenium amino acid chelate	15.0 mg
providing Selenium (elemental)	30.0 µg
Manganese amino acid chelate	10.0 mg
providing Manganese (elemental)	1.0 mg
Iodine amino acid chelate	7.5 mg
providing Iodine (elemental)	75.0 µg
Copper amino acid chelate	5.0 mg
providing Copper (elemental)	500.0 µg
Molybdenum amino acid chelate	1.3 mg
providing Molybdenum (elemental)	25.0 µg
Chromium rice chelate	150.0 µg
providing Chromium (elemental)	15.0 µg

Each Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) contains:	
Omega 3 Fish oil (<i>Engraulidae</i>)	300.0 mg
providing min:	
DHA (Docosahexaenoic acid)	165.0 mg
EPA (Eicosapentaenoic acid)	30.0 mg
Choline bitartrate	75.0 mg
providing Choline	29.9 mg
Ascorbic acid (Vitamin C)	42.5 mg
Iron from Ferrocℒ™ ferrous bisglycinate chelate 60.0 mg)	12.0 mg
Nicotinamide (Vitamin B ₃)	9.0 mg
Calcium-D-pantothenate	3.0 mg
providing D-Pantothenic 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
Methyltetrahydrofollic acid, glucosamine salt	250.0 µg
providing Folic acid (Vitamin B ₉)	134.9 µg
Vitamin K ₁	27.5 ug
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)	8 IU

Inactive ingredients: Chela-Preg® PRE-NATAL TRIMESTER 3™ (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 3™ (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.

Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets): Sugar free Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules): Sugar free

PHARMACOLOGICAL CLASSIFICATION
Category D Complementary Medicine Discipline 34.12 Health Supplements. Multiple substance formulation

PHARMACOLOGICAL ACTION
Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets and Evening Capsules) is a combination of multivitamins, minerals, calcium, iron, folate and omega-3 supplement formulated for pregnant women. Quatrefolic® 5-MTHF is a stable form of folic acid with a better absorption than folic acid, for neural tube development. Folic acid is inactive and needs to be metabolised to 5-MTHF to become metabolically effective. Quatrefolic® 5-MTHF provides the metabolically reduced folate form utilised and stored in the body which is totally bioavailable.

Folic acid helps to reduce the risk of neural tube defects when taken daily prior to becoming pregnant and during early pregnancy. It also helps to form red blood cells. Ferrocℒ™ iron contains small, stable and non-reactive chelated iron molecules. The mineral (iron) is bound to the amino acid, resulting in better absorbed small, chelated iron molecules that can pass easily through the intestinal wall. The chelated iron formulation has a gentle action that is easy on the system and is highly tolerated by the body.

Iron supports increased maternal red blood cells and foetal metabolic demands by contributing to normal oxygen transport in the body, and normal formation of red blood cells and haemoglobin and proper function. It contributes to the reduction of maternal tiredness and fatigue. Eicosapentaenoic acid (EPA) and Docosahexaenoic acid (DHA) omega 3 fatty acids support cognitive health and/or brain function, the development of the brain, eyes and nerves, and support cardiovascular health. Calcium supports skeletal development by contributing to the development and maintenance of bones and teeth. Vitamins A, B, C and E, and choline help in the maintenance of good health, thereby supporting pregnancy health, immunity and improving safer pregnancy outcomes. B-Vitamins contribute to normal energy-yielding metabolism.

INDICATIONS
Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets and Evening Capsules) supports foetal and maternal health during the third trimester of pregnancy (27-40 weeks).

CONTRAINDICATIONS
Hypersensitivity (allergy) to any of the ingredients of Chela-Preg® PRE-NATAL TRIMESTER 3™.

Chela-Preg® PRE-NATAL TRIMESTER 3™ (Morning Tablets) should not be used by individuals who are allergic to iodine. Chela-Preg® PRE-NATAL TRIMESTER 3™ (Evening Capsules) should not