

Ingredients and Allergy Information

Date of last review:	19/03/2019	Version No.:	V2
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John Lewis Stock Number	N/A
Name	My Expert Midwife All-In-One Pregnancy food supplement
Ingredients	Calcium Carbonate, Bulking Agent (Microcrystalline Cellulose), Capsule Shell (Hydroxypropyl Methylcellulose), Vitamin C (Ascorbic Acid), Zinc Bisglycinate, Ferrous Bisglycinate, Vitamin B3 (Nicotinamide), Lubricant (Magnesium Stearate), Anti-Caking Agent (Silicon Dioxide), Vegan Vitamin D3 (Cholecalciferol), Corn Syrup, Maltodextrin, Medium Chain Triglycerides, Arabic Gum, Modified Starch, Sunflower, Silicon Dioxide, Sodium Ascorbate, Tocopherol-Rich Extract, Pyridoxal-5-Phosphate, Vitamin B12 (Methylcobalamin), Maltodextrin, Vitamin B1 (Thiamine Hydrochloride), Vitamin B2 Powder (Riboflavin), Folic Acid (Pteroylmonoglutamic Acid), Potassium Iodide
For allergens, see ingredients in bold	
Storage Instructions	Store in a cool, dry place
Manufacturer's name and address	My Expert Midwife, Unit 4 Stoneacre, Grimbald Crag Close, Knaresborough, HG5 8PJ
Instructions for use	- Recommended daily dose: Take one capsule daily with water, do not exceed recommended dose. - Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle Keep out of reach of children
Suitable for vegetarians	Yes
Suitable for vegans	Yes

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