

# WonderBaba Review of Pregnancy Vitamins

Ingredients	Pregnacare Original Tablets	Pregnacare Plus Omega-3	Pregnacare Max	Clonfolic Multicare	Floradix Tablets	Sona Pregnaplan Complete	Sona Pregnaplan Morning	Seven Seas Pregnancy Tablets	Seven Seas Pregnancy Plus
Vitamin D3	10µg (400IU)	10µg (400IU)	10µg (400IU)	10µg		5µg	5µg	10µg	10µg
Vitamin E	4mgα -TE	4mgα -TE	4mgα -TE	4mgα -TE		12mg	12mg	15mgα -TE	15mgα -TE
Vitamin C	70mg	70mg	80mg	75mg	30mg	80mg	80mg	70mg	70mg
Thiamin (vit B1)	3mg	3mg	5mg	2.5mg	1.1mg	1.1mg	1.1mg	1.4mg	1.4mg
Riboflavin (vit B2)	2mg	2mg	2mg	2mg	1.4mg	1.4mg	1.4mg	1.4mg	1.4mg
Niacin (Vit B3)	20mgNE	20mgNE	20mgNE	18mgNE	16mgNE	16mgNE		18mgNE	18mgNE
Pyridoxine (Vit B6)	10mg	10mg	10mg	10mg	1.4mg	1.4mg	5mg	1.9mg	1.9mg
Pantothenic Acid (B5)	6mg	6mg	6mg	6mg				6mg	6mg
Vitamin B12	6µg	6µg	9µg	5µg	2.5µg	2.5µg	2.5µg	2.6µg	2.6µg
Beta-carotene	2mg	2mg	2mg	2mg		1.5mg	1.5mg	1mg	1mg
Vitamin k	70µg	70µg	70µg	75µg		75µg	75µg	37.5µg	37.5µg
Biotin	150µg	150µg	150µg	160µg				50µg	50µg
Calcium			500mg			120mg	120mg	120mg	120mg
Copper	1000µg	1000µg	1000µg	1000µg		1000µg	1000µg	1000µg	1000µg
Fish Oil						300mg	300mg		1105mg
Folic Acid	400µg	400µg	400µg	400µg	200µg	400µg	400µg	400µg	400µg
GLA (Gamma Linoleic Acid)						4mg	4mg		
Ginger Root Extract							25mg	10mg	10mg
Evening Promrose Oil						55mg			
Inositol			100mg						
Iodine	150µg	150µg	150µg	160µg		150µg	150µg	150µg	
Iron	17mg	17mg	17mg	20mg	14mg	17mg	17mg	17mg	17mg
L-Arginine			100mg						
Manganese			0.5mg	1mg				2mg	2mg
Magnesium	150mg	150mg	150mg	180mg		37.5mg	37.5mg	60mg	60mg
N-Acetyl Cysteine			50mg						
Omega 3		600mg (300mg DHA and 60mg EPA)	600mg (300mg DHA and 60mg EPA)			Omega 3(180mg)and 6 (46mg). 150mg DHA and 21mg EPA	Omega 3(180mg)and 6 (46mg). 150mg DHA and 21mg EPA		Omega-3 nutrients 697mg (DHA 236mg and 354mg EPA)
Potassium								300mg	300mg
Selenium	30µg	30µg	55µg	40µg		55µg	55µg	55µg	55µg
Zinc	15mg	15mg	15mg	10mg		10mg	10mg	15mg	15mg

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Dose above is per one tablet daily	Dose above is per one tablet per day plus one capsule	Dose above is per two pregnacare max tablets plus one omega 3 capsule per day.	One tablet daily with food	Take one tablet twice daily	Take one daily with main meal.	Take one daily with main meal.	Take one daily	Take one tablet and one capsule each day.
Swallow with water or cold drink	Swallow hole with water with/after your main meal.	Swallow hole with water with/after your main meal.	Free from allergens	Take 30 mins before a meal and take with liquid.	Gluten free	Gluten free	Take with food - not on an empty stomach.	Not suitable for those with fish allergy
Take on a full stomach	Gluten Free	Not suitable for nut, soya or fish allergy	Contains vit K - check with your GP if underlying condition	Gluten Free	Free from artificial colours and flavourings	Free from artificial colours and flavourings		Not suitable for vegetarians - contains gelatin.
Suitable for vegetarians	Free from artificail colours, salt, yeast, preservatives & lactose	Check with doctor if you suffer from underlying conditions.	Free from artificial colours, sweeteners, preservatives, and salt	Suitable for Vegetarians.	Dairy, egg, GMO, preservative and wheat free.	Dairy, egg, GMO, preservative and wheat free.		
No preservatives, artificial colours, lactose, salt, yeast and gelatin	Not tested on animals.	Gluten Free	Suitable for vegetarians	Can be taken whilst trying to conceive, during pregnancy and whilst breastfeeding	Contains yeast and maize	Can be used during pregnancy and breastfeeding.		
Gluten free	Not suitable for soy or fish allergy	Not tested in animals						
Not tested on animals	Check with doctor if you suffer from underlying conditions.	Free from artificail colours, salt, yeast, preservatives & lactose			Lactose free.			
Check with Doctor if you are taking anticoagulants								
Contains Soya								

