

Naturally-u

Comparison of nutritional supplements - Women's Health & Pregnancy Care

Ingredient	Brand			Role of the nutrient [very brief summary only]
	Elevit*	InNatal	Women's Essentials**	
Vitamin B1	1.55 mg	25 mg	100 mg	Nervous system development
Vitamin B2	1.8 mg	25 mg	50 mg	Glandular function, protects against defects
Vitamin B3	19 mg	25 mg	50 mg	Energy production
Vitamin B5	10 mg	25 mg	109.2 mg	Blood production, adrenal function, all tissues
Vitamin B6	2.6 mg	25 mg	60.8 mg	Blood & immune production, protein metabolism
Vitamin B9/Folate	800 mcg	250 mcg	500 mcg	Nerve tissue formation; excess can deplete B12
Vitamin B12	4 mcg	250 mcg	500 mcg	Blood manufacture, bones and nervous system
Vitamin C	100 mg	100 mg	150 mg	Antioxidant
Vitamin D3	12.5 mcg	6.75 mcg	12.5 mcg	Bones, liver and kidney tissue
Vitamin E	15 mg	82 mcg	41.3 mg	Cell membrane integrity
Vitamin H/biotin	200 mcg	150 mcg	150 mcg	Skin and tissue
Calcium	125 mg	50 mg	100 mg	For teeth, blood, bones and nerves
Iron	60 mg	--	--	Should be administered separately due to danger of pre-eclampsia
Magnesium	100 mg	25 mg	35 mg	Nervous system & muscle cramping
Phosphorus	125 mg	--	--	Blood clotting, cell growth
Copper	1 mg	--	--	Copper toxicity is common in Aus & NZ
Manganese	1 mg	1 mg	2 mg	Tissue and RNA synthesis
Zinc	7.5 mg	10 mg	15 mg	essential for good skin elasticity and production of healthy new cells
Vitamin A	--	--	750 mcg	skin, eyes, asthma - toxicity > 30,000 iu
Betacarotene	--	3 mg	--	Precursor for Vitamin A - essential for healthy lungs & mucous membranes in the foetus
Chromium	--	20 mcg	50 mcg	Assists in regulating blood sugar levels
Iodine	--	135 mcg	150 mcg	Cell division, thyroid & brain health
Molybdenum	--	25 mcg	25 mcg	Blood manufacture
Selenium	--	13 mcg	26 mcg	Antioxidant & thyroid health
Choline	--	100 mg	50 mg	Brain, nerve cells and muscles
Inositol	--	30 mg	50 mg	Cell membranes, RNA synthesis
CoQ10	--	15 mg	--	energy and cell function
Daily requirement	2	2	1	
	unbalanced nutrient levels	balanced	balanced	
daily cost	\$2.00	\$1.00	0.43	

* does not specify the form of the nutrient - not in a bio-available state and cannot be readily absorbed by the body

** not recommended during pregnancy but safe during lactation