

## Australia's most trusted brand that meets the RDI for folic acid, iron and iodine<sup>\*1</sup>

#### **Key Benefits of Elevit**

#### Elevit Pre-conception & Pregnancy Multivitamin is scientifically formulated with:

- 800 µg of folic acid which has been shown in a study to help women reach optimal red blood cell folate levels within 4 weeks<sup>2</sup>
- ✓ Folic acid is clinically proven to reduce the risk of neural tube defects like spina bifida<sup>3</sup>
- ✓ 60 mg of iron to help prevent iron deficiency
- **220 µg of iodine** to support baby's brain development

### **Do All Pregnancy Multivitamins Match Elevit?**

Name of Supplement	Australian Recommended Daily Intake					
	Folate		Elemental Iron		lodine	
	Daily dose (µg)	Meets RDI 600 µg	Daily dose (mg)	Meets RDI 27 mg	Daily dose (µg)	Meets RDI 220 µg
Elevit (1 tab daily)	800	$\checkmark$	60	$\checkmark$	220	$\checkmark$
Blackmores Pregnancy & Breastfeeding Gold (2 caps daily)	500	×	10	×	150	×
Bioceuticals InNatal Plus Iron (2 caps daily)	500	×	15	×	270	1
Swisse Ultinatal Pre-Conception & Pregnancy Multivitamin (2 caps daily)	500	×	10	×	220	1

#### Pregnancy Multivitamins – Daily Dosage and Size Comparison



17mm



21mm



2 capsules daily

23mm



26mm

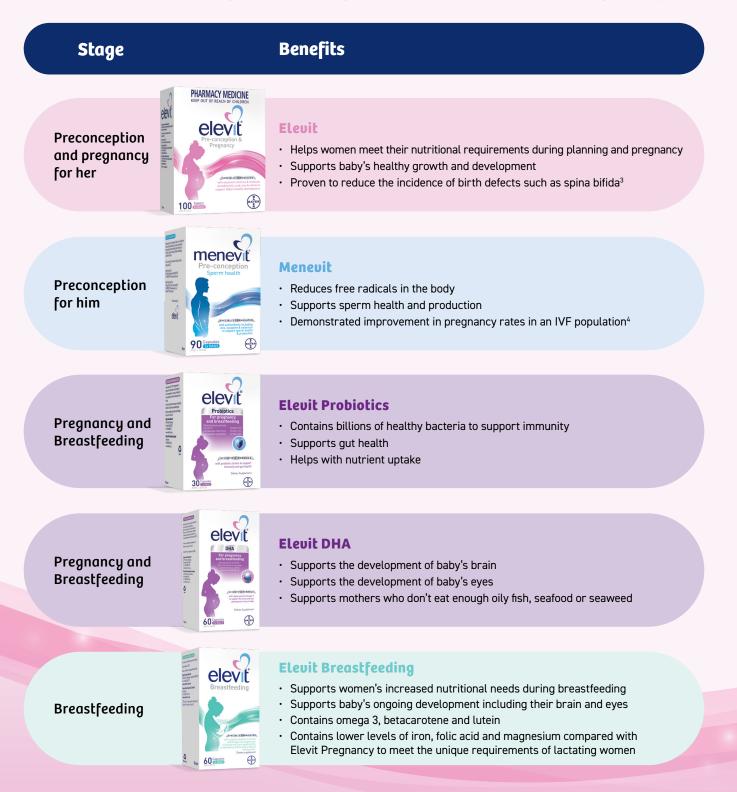
vit is Australia's most trusted pregnancy vitamin based on Kantar Australia brand research, OCT 2020.

(Sponsored by Bayer) 3. De-Regil LM, Peña-Rosas JP, Fernández-Gaxiola AC, Rayco-Solon P. Effects and safety of periconceptional oral folate supplementation for preventing birth defects. Cochrane Database of Systematic Reviews 2015, Issue 12. Art. No.: CD007950. DOI: 10.1002/14651858.CD007950.pub3. 4. Tremellen K, Miari G, Froiland D, Thompson J. A randomised control trial examining the effect of an antioxidant (Menevit) on pregnancy outcome during IVF-ICSI treatment. Aust N Z J Obstet Gynaecol 2007; 47: 216–21 (sponsored by Bayer).



<sup>2</sup> capsules daily

# Supporting Baby's Healthy Development at Every Stage





Visit **MySamples.com.au** to order free samples and download useful resources.



Elevit contains folic acid, iodine, iron and vitamin D. Menevit contains lycopene, zinc, vitamin C and folic acid. Elevit Breastfeeding contains omega 3, betacarotene, lutein and vitamin For full active ingredients, see the labels.