

WonderCare 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 | 80mg | 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 artificial 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 | Can be used during pregnancy and breastfeeding. | | | |
| Gluten free | Not suitable for soy or fish allergy | Not tested in animals | | Contains yeast and maize | | | | |
| Not tested on animals | Check with doctor if you suffer from underlying conditions. | Free from artificial colours, salt, yeast, preservatives & lactose | | Lactose free. | | | | |
| Check with Doctor if you are taking anticoagulants | | | | | | | | |
| Contains Soya | | | | | | | | |

