

# ELANZA

WELLNESS

## CONSIDER SUPPLEMENTING YOUR DIET WITH THE FOLLOWING

Vitamin	Other names / notes	Dosage
<b>Folic Acid</b>	The synthetic form of folate (also known as vitamin B9). Often included as part of a prenatal vitamin	600mcg
<b>Vitamin B12</b>	Other names are cyanocobalamin or methylcobalamin. Can take as part of a prenatal or B-complex.	2.6mcg
<b>Zinc</b>	Other names are zinc gluconate, zinc sulfate and zinc acetate. Can take as part of a prenatal.	8mg (12mg for vegetarians)
<b>Selenium</b>	Often included as part of a prenatal vitamin.	60mg
<b>Iodine</b>	Often included as part of a prenatal vitamin.	150mcg
<b>Ubiquinol</b>	Coenzyme Q10 and ubiquinone are not as absorbable. Take in the morning with food.	100mg
<b>Omega 3s</b>	Look for supplements with sufficient EPA & DHA. Algal oil for vegetarians. Take with foods containing fat.	1400mg
<b>Melatonin</b>	Take at the same time every evening.	3mg

### Supplement Facts

Serving Size

Amount Per Serving	% DV
Zinc 8mg	62%
Vitamin B12 2.6mcg	214%
Folic Acid 600mcg	100%
Selenium 60mcg	86%
Iodine 200mcg	69%
Ubiquinol 100mg	N/A
Melatonin 3mg	N/A
Omega-3 1400mg	N/A

**Proprietary Blend:** This is often where ingredients are listed that aren't supplied in sufficient amounts deliver any real benefit. There's even an industry term for this called, "fairy dusting."

**Other Ingredients:** This is often where ingredients such as binders, coatings, colorings, and flavorings are listed. The worst ones include titanium dioxide and magnesium stearate.

