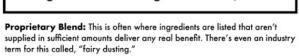
ELANZA

WELLNESS

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

Supplement Facts Serving Size		
Amount Per	r 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



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.





