

Ingredients	BioConcepts - Pure Natal	Blackmores Pregnancy & Breast Feeding	Elevit	MyGen Fertility Formula
Vitamins:	Quantity Per Cap	Quantity Per Cap	Quantity Per Cap	Quantity per dose
Betacarotene	3mg natural	0		3mg
Thiamine nitrate	30mg	500mcg	1.4 mg	56mg
Riboflavin (vitamin B2)	20mg Riboflavin sodium phosphate	750mg	1.4 mg	50mg
Nicotinamide (vitamin B3)	35mg	7.5mg	18 mg	75mg
Calcium pantothenate (vitamin B5)	40mg			50 mg
equiv. pantothenic acid			6 mg	
Pyridoxine hydrochloride	30mg	750mcg	1.9 mg	50 mg
equiv. pyridoxine (vitamin B6)	11mg Pyridoxal-5-phosphate			10mg
Cyanocobalamin (vitamin B12)	400 mcg Mecobalamin (Co-methylcobalamin)	1.5mcg	2.6 mcg	meco 400 mcg
Ascorbic acid (vitamin C)	Mg ascorbate monohydrate 18mg + Calcium ascorbate dihydrate 182mg = total 301mg buffered ascorbic acid	30mg	85 mg	100 mg
Cholecalciferol (vitamin D3)	25mcg		5 mcg	25mcg
equiv. vitamin D3	1000IU	250IU		
d-alpha-Tocopherol (vitamin E)		3.5mg	Synthesized version 18.7 mg	200 mg
equiv. vitamin E		5.2IU		
Phytomenadione (vitamin K1)	70mcg + 20mcg Menaquinone7 (K2)	0	0	menaquinone7 20mcg
Folic acid (vitamin B9)	325mcg Levomefolate calcium equiv 300mcg L-5-MTHF + Folic Acid 200mcg = total folate 500 mcg	250mcg	800 mcg	L-5-MTHF 500 mcg
Biotin (vitamin H)	30mcg	0	30 mcg	100 mcg

Ingredients	BioConcepts - Pure Natal	Blackmores Pregnancy & Breast Feeding	Elevit	MyGen Fertility Formula
Minerals:				
Boron		250mcg		
Calcium (as phosphate)	1.47mg Ca hydrogen phosphate dihydrate	59mg	125 mg	
Chromium (as nicotinate)	25mcg Chromium nicotinate + 25 mcg Chromium picolinate			50mcg
Iodine (as potassium iodide)	270mcg	0	220 mcg	225 mcg
Iron (as amino acid chelate)	8mg Iron (II)glycinate	5mg	60 mg#	5mg
Magnesium (as amino acid chelate)	10.4mg ascorbate	30mg	100 mg	
Manganese (as amino acid chelate)	1mg	0	1.9 mg	5mg
Molybdenum (as trioxide)	50mcg	0		50 mcg
Selenium (as selenomethionine)	60mcg	0	50 mcg	75mcg
Zinc (as amino acid chelate)	12.3 Zinc citrate dihydrate	0	11 mg	citrate dihydrate 25mcg
Silica (Colloidal anhydrous)	4.67mg			
Potassium				
Copper		0	1 mg	
Nutrients:				
Choline bitartrate	100mg	0		486mg
Inositol	50mg	0		100mg
Ubidecarenone (coenzyme Q10)		0		100mg
Fish Oil		125mg DHA, 32mg EPA		
Alpha lipoic acid				100 mg
Phyllanthus emblica (Amla)		0		
	Vege caps			
Price	\$59	\$26.99	\$61.75	\$78.00
Size	90	180	100	30
Price Per Capsule	0.65	\$0.15	\$0.62	
Dose	1 cap daily	1 tab twice	1 tab daily	1
Daily price	\$0.65	\$0.30	\$0.62	\$2.60
				Contains 30 tabs + 30 caps