



*Towards a Healthy Beginning*

# शीहेन्ज *SheHenz*

Vitamin A- 770 mcg, Vitamin E- 10 mg, Vitamin B1-1.2 mg, Vitamin B2-1.4 mg,  
Vitamin B3-14 mg, Vitamin B6- 2 mg, Vitamin B12- 1.2 mcg,  
Vitamin B9- 500 mcg, Iron- 27 mg, Isoleucine- 23 mg

*'A Complete Package of Essential Nutrients'*

[La Renon](http://LaRenon.com)

# SheHenz

शीहेन्ज

Essential Nutrient Capsules

*'A Complete Package of Essential Nutrients'*

## Role of Vitamins in Pregnancy<sup>1</sup>:

Vitamins	Role in pregnancy
Vitamin A (Retinyl Acetate)	Helps in visual health, immune function, fetal growth and development
Vitamin E (Tocopherol Acetate)	Helps body create and maintain red blood cells , healthy skin and eyes
Vitamin B1 (Thiamine Mononitrate)	Raises energy level and regulates the nervous system
Vitamin B2 (Riboflavin)	Maintains energy, good eyesight, healthy skin
Vitamin B3 (Niacinamide)	Promotes healthy skin, nerves, and digestion
Vitamin B6 (Pyridoxine Hydrochloride)	Helps form red blood cells; helps to reduce morning sickness
Vitamin B12 (Cyanocobalamin)	Helps in DNA synthesis, and may help prevent neural tube defects (NTDs)
Folic acid (Vitamin B9)	Helps support the placenta and prevents spina bifida and NTD
Isoleucine	Boost up the energy levels
Iron	Increase Haemoglobin

## SheHenz Key Features :

- Provides complete package of Essential Nutrients in Pregnancy & Lactation
- For optimal growth & development of baby
- For Healthy Foetus growth
- Helps in managing Iron & Vitamin levels

## Dosage :

One Capsule in a day or as suggested by Healthcare Professional

## Presentation :

SheHenz is available as a strip of 10 Capsules

Reference :

1. Nutrients & Vitamins for Pregnancy - American Pregnancy Association

La Renon

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