

SheHenz

Vitamin A- 770 mcg, Vitamin E- 10 mg, Vitamin B1-1.2 mg, Vitamin B2- 1.4 mg, Vitamin B3- 13 mg, Vitamin B6- 2 mg, Vitamin B12- 1.2 mcg, Vitamin B9- 500 mcg, Elemental Iron (Ferrous Bisglycinate)- 27 mg, Isoleucine- 23 mg Capsules

A Complete Package of Essential Nutrients

Towards a Healthy Beginning

La Renon



SheHenz

Essential Nutrient Capsules

A Complete Package of Essential Nutrients

Role of Vitamins in Pregnancy¹:

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 level

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

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