

HEALTHY MOTHER & BABY SUPPLEMENT PLAN



Biogaia - Specialist baby friendly gut bacteria supplement (probiotic)

- ✓ Highly researched and safe probiotic for babies
- ✓ Positive results to help colic and reflux in babies
- ✓ Helps correct baby's gut flora after antibiotics and C-section
- ✓ Preventative of future issues in the baby such as food allergies, eczema, asthma & obesity

"My extensive research leads me to believe that a probiotic supplement for mother and baby is as important as taking folic acid for the pregnant mother. I routinely advise it for virtually every baby I see"



Pregnancy 1 a day - Specific multi vitamin and mineral to support the mother at all stages

- ✓ Premium one-a-day formula for pregnancy, pre-conception and breastfeeding
- ✓ Higher levels of calcium and magnesium for healthy bones for mother and baby
- ✓ Features iodine at recommended levels for pregnancy and breastfeeding
- ✓ Extra zinc for healthy foetal development
- ✓ Higher levels of easily absorbed iron to support energy levels and prevent deficiency
- ✓ Extra selenium to support healthy blood pressure during pregnancy
- ✓ One a day is all you need to support optimal health for mother and baby

"My personal research found all mothers deficient in a variety of vitamins and minerals in their 1 day diet diary. All vitamins are important, not just folic acid. Most mothers were seriously deficient in vitamin D"



Eskimo 3 - High quality omega 3 fish oil

- ✓ Essential for babies brain & eye development
- ✓ Aids a mothers post natal recovery and well being
- ✓ Will pass to baby via mothers breast milk to improve babies health
- ✓ Provides a healthy source of the omega-3
- ✓ Enriched with antioxidants for incredible freshness and stability meaning no fishy odour or aftertaste
- ✓ Free from contaminants
- ✓ Safe for use in pregnancy and whilst breastfeeding
- ✓ One of the most extensively researched and documented omega-3 supplements in existence

"My personal research found most new mothers highly deficient in omega 3 oils. This is due to a lack of eating oily fish. Taking Eskimo 3 is the next best thing to oily fish and in some instances even better as it is free from mercury contamination, unlike many fish."

To order Pregnancy 1 a day and Eskimo 3 call Nutri on 0800 212 742. To order Biogaia call The Perrymount Clinic On 01444 410944 to order