



New Mum Effervescent tablets

- With collagen, herbal antioxidants and building blocks for hair and nails for well-being and a fresh appearance after short nights
- With high-dosage B vitamins for a normal energy metabolism and the reduction of tiredness and fatigue
- With vitamin D and C for the support of the immune system
- With copper and manganese for the maintenance of normal connective tissues

Composition	per tablet	% NRV*
Collagen hydrolysate	200 mg	**
Hyaluronic acid	15 mg	**
L-Methionine	30 mg	**
L-Cysteine	30 mg	**
Grape seed extract	15 mg	**
- of which polyphenols	3 mg	**
Bamboo extract	13,3 mg	**
- of which silica	10 mg	**
Coenzyme Q10	5 mg	**
Beta carotene	1 mg	**
Calcium	200 mg	25
Magnesium	75 mg	20
Zinc	10 mg	100
Copper	500 µg	50
Manganese	0,5 mg	25
Iodine	75 µg	50
Selenium	25 µg	45
Chromium	20 µg	50
Vitamin C	80 mg	100
Niacin	16 mg	100
Vitamin E	12 mg	100
Pantothenic acid	6 mg	100
Vitamin B1	4 mg	364
Vitamin B2	5 mg	357
Vitamin B6	5 mg	357
Vitamin B12	5 µg	200
Vitamin D3	10 µg	200
Folic acid	200 µg	100
Biotin	150 µg	300



- ✓ Free of gluten
- ✓ Free of lactose

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* NRV – nutrient reference values ** no NRV available