

Essential Nutrients

Folate

600 MCG

Pisticci, Italy

Omega-3

320 MG

South Carolina, USA

Vitamin D3

2000 IU

United Kingdom

Iron

8 MG

Utah, USA

Vitamin K2

90 MCG

Oslo, Norway

Magnesium

50 MG

Pisa, Italy

Add a new ingredient

Ingredient Name:

eg. Folate

Dosage:

eg. 600mcg

Description:

Found in:

Form:

Source:

Supplier:

Location:

Image:

Choose File:

Upload

Save Ingredient