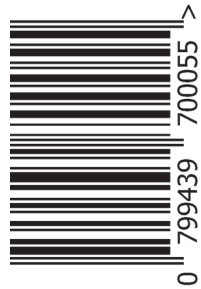


For more information on The Healthy Mummy please visit: www.healthyummy.com or join the Facebook page at: www.facebook.com/healthyummy

The Healthy Mummy Pty Ltd
PO Box 1279, Darlinghurst
NSW 1300, Australia

A convenient & easy food source of protein, calcium, vitamins, minerals & nutrients essential during pregnancy

"The Healthy Mummy" is a trademark
Made in Australia from local & imported ingredients
Store below 30°C in a cool, dry place
Serving suggestion shows smoothie made with banana & topped with oats



The Healthy Mummy Pregnancy Smoothie is a formulated supplementary food designed to complement existing pregnancy supplements to help assist with adequate intake of protein, vitamins and nutrients when used as a snack in pregnancy.

During pregnancy the nutritional demands on your body are greater in support of the growing baby along with alterations in maternal tissues and metabolism. The requirements of protein and nutrients, particularly folate, iodine, calcium, iron and zinc are higher. During the second and third trimester additional protein is required for the growth of foetal, placental and maternal tissues, and estimated energy requirements are also higher.

A Good Source of Vitamins & Minerals - providing extra nutrition, including protein, vitamins & minerals for expectant and lactating mums : • **Folic Acid** - contributes to maternal tissue growth during pregnancy. Consumption of at least 400mcg¹ per day, at least one month before & three months following conception may reduce the risk of fetal neural tube defects • **Vitamin B12** - necessary for normal cell division, neurological structure & function, & contributes to normal blood formation, which are important processes during pregnancy • **Calcium** - necessary for normal teeth, bone structure, important for baby's development • **Iodine, Phosphorous, Vitamin D & Vitamin B12** - contribute to normal growth & development, including that of the baby • **Vitamin C, Vitamin B2, Vitamin B3, Vitamin B6, Vitamin B12, Folate & Iron** - contributes to the reduction of tiredness & fatigue, symptoms often experienced by expectant mums • **Protein** - necessary for tissue building & repair, normal growth & development of bone & contributes to the growth of muscle mass • **Probiotics** - contribute to gastrointestinal health & the maintenance of beneficial gastrointestinal microflora, which can benefit pregnant women • **Fibre** - aids in regular bowel motions, which can become irregular during pregnancy.

Folic Acid & Iodine in Pregnancy: ¹The National Health and Medical Research Council recommend 600mcg folic acid per day during pregnancy and 220mcg iodine. The Healthy Mummy Pregnancy smoothie has been formulated with this in mind and is a good source of folic acid, providing 100mcg of folic acid per serve and 24mcg of iodine per serve as well as other essential nutrients.

Consumption of at least 400mcg of folic acid per day, at least one month before and three months after conception may reduce the risk of foetal neural tube defects. The Healthy Mummy Pregnancy Smoothie is also a source of iodine, which contributes to growth and development of your baby and is necessary for normal neurological function.

For commonly asked questions visit www.healthyummy.com

the healthy Mummy pregnancy Smoothie



A nutritious smoothie made with whole foods designed to help support a healthy pregnancy

- ✓ Ideal as a nutritious snack in pregnancy
- ✓ Complements your pregnancy vitamins
- ✓ Essential ingredients to support pregnancy
- ✓ High in protein & calcium
- ✓ Contains probiotics & is a good source of fibre
- ✓ No added sugar
- ✓ Free from artificial colours & flavours

FRUCTOSE FREE

Vanilla

16 Smoothies Per Tub

500g

Formulated Supplementary Food

Instructions: Place 30g (approx 2 heaped tbsp) into a blender and add 250ml of your choice of milk with the option of adding ½ cup of fruit or vegetables of your choice. Blend for 2-3 minutes for a smooth consistency.

Nutritional Information					
Average servings per pack: 16	Serving size: 30g		When made with skim (1%fat) milk		
	Avg Qty per serve	% RDI	Avg Qty per 100g	Avg Qty per serve	% RDI
Energy	441kJ	5.1%	1469kJ	970kJ	11.1%
Protein	15g	30%	49.4g	24.3g	48.6%
Fat - total	1.8g	2.6%	6.0g	4.8g	6.9%
- saturated	less than 1g	1.7%	1.3g	2.5g	10.4%
Carbohydrate	5.0g	1.6%	16.6g	20.2g	6.5%
- sugars	2.6g	2.9%	8.6g	17.8g	19.8%
Sodium	40.3mg	1.8%	134.2mg	135.3mg	5.9%
Fibre	4.3g	14.3%	14.3g	4.3g	14.3%

Nutritional Information - Minerals & Vitamins

Percentage daily intakes are based on an average adult diet of 8700kJ			When made with skim (1%fat) milk		
	Avg Qty per serve	% RDI	Avg Qty per 100g	Avg Qty per serve	% RDI
Thiamine (Vit B1)	0.55mg	50%	1.8mg	0.55mg	50%
Riboflavin (Vit B2)	0.85mg	50%	2.8mg	0.85mg	50%
Niacin (Vit B3)	5.0mg	50%	16.7mg	5.0mg	50%
Pyridoxine (Vit B6)	0.8mg	50%	2.7mg	0.8mg	50%
Folic Acid	100mcg	50%	333.3mcg	100mcg	50%
Vitamin B12	1.0mcg	50%	3.3 mcg	1.0mcg	50%
Beta-carotene (from Dunaliella Salina)	80.34mcg	-	267.8mcg	102.8mcg	-
Vitamin C	20mg	50%	66.7mg	20mg	50%
Vitamin D	5.0mcg	50%	16.7mcg	5.0mcg	50%
Vitamin E	5.0mg	50%	16.7mg	5.0mg	50%
Calcium	400mg	50%	1.3g	400mg	50%
Iodine	24.1mcg	16%	80.3mcg	75.0mcg	50%
Iron	6.0mg	50%	20mg	6.0mg	50%
Magnesium	130mg	40%	433.3mg	130mg	40%
Phosphorous	499mg	50%	1.7g	500mg	50%
Potassium	177.3mg	-	591mg	567.3mg	-
Zinc	3mg	25%	10mg	3mg	25%

Ingredients: Milk Protein Isolate, Skim Milk Powder, Rice Bran Powder, Apple Pectin, Microcrystalline Cellulose, Flaxseed Meal, Soy Lecithin, Psyllium Husk Powder, Natural Flavour, Aquamin, Natural Sweetener (Thaumatococcus), Pumpkin Seed Meal, Inulin, Vitamin & Minerals (Magnesium Phosphate, Calcium Hydrogen Phosphate, Ferrous Fumarate, Ascorbic Acid, Zinc Citrate, Nicotinamide (Vitamin B3), d-alpha Tocopheryl Acid Succinate (Vitamin E), Beta-carotene, Pyridoxine Hydrochloride (Vitamin B6), Riboflavin (Vitamin B2), Thiamine Hydrochloride (Vitamin B1), Folic acid, Potassium Iodide, Cholecalciferol (Vitamin D), Cyanocobalamin (Vitamin B12), Probiotic blend (Bifidobacterium Longum, Lactobacillus Acidophilus), Zingiber Officinalis (Ginger) Powder,

Free from: fructose, preservatives, nuts, artificial sweeteners, artificial colours, artificial flavours, sucrose, wheat, yeast, corn, nut and seafood products. GMO free.

This product is designed to complement pregnancy vitamin supplements not replace them. Pregnant mothers have increased nutritional needs and Healthy Mummy Pregnancy Smoothies provide a source of many essential nutrients including folic acid, iodine and iron.

¹When made according to directions with 250ml skim (1% fat) milk