

**THE ESSENTIAL COMPLEMENT.** During pregnancy there is an increased requirement for vitamins, minerals and trace elements. NATALBEN is a dietary supplement formulated to meet all nutritional requirements of women from the time they planned their pregnancy and throughout gestation until delivery. It is recommended not only during pregnancy but also before conception. The recommended daily dose is one capsule a day. NATALBEN should not be used as a substitute for a balanced diet and a healthy lifestyle.