

PLUS PLUS

**trimacare**<sup>TM</sup>

PREGNANCY SUPPLEMENT

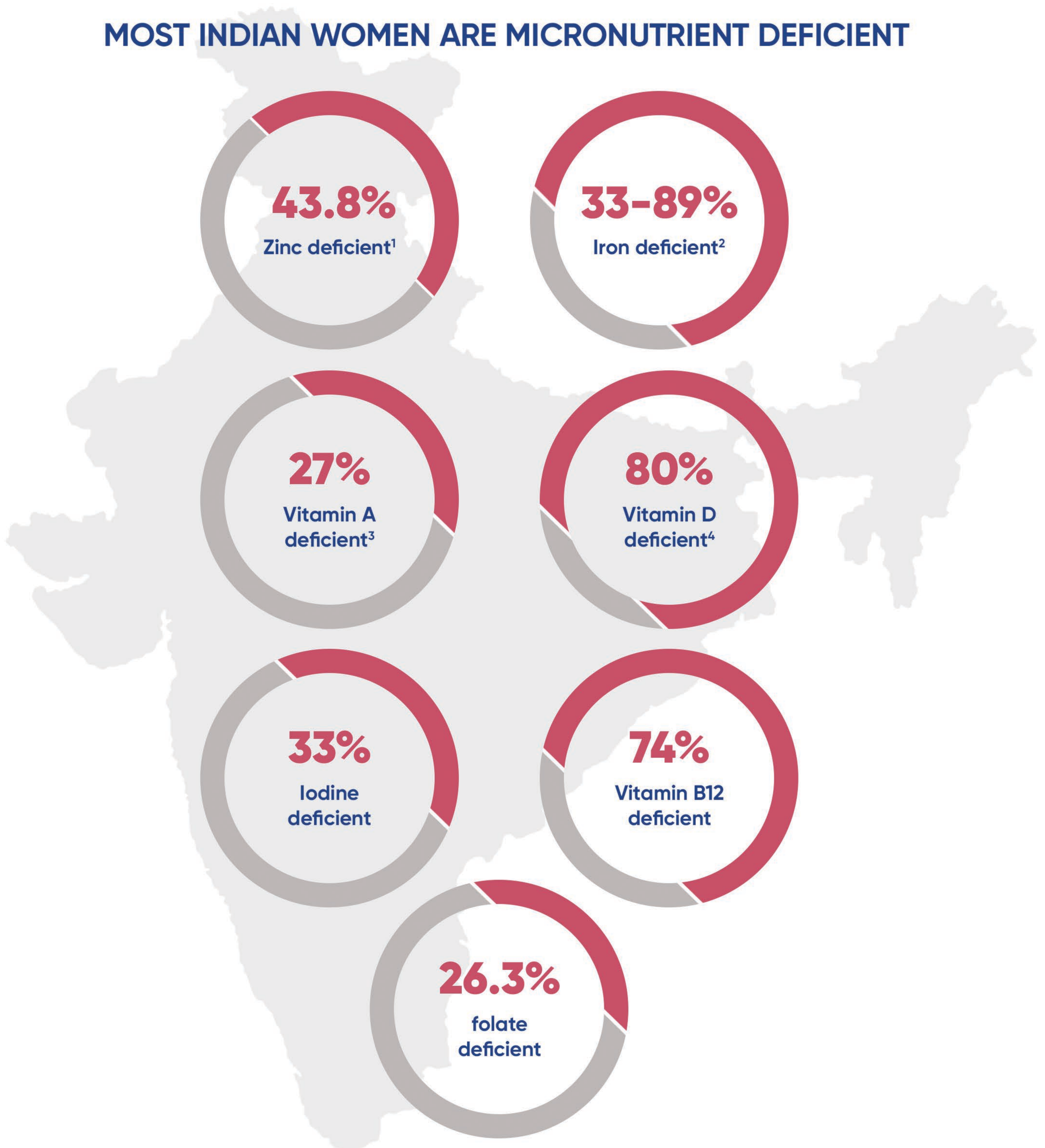
PATENTED FORMULATION



For **Stronger** Mothers, **Healthier** Babies

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# MOST INDIAN WOMEN ARE MICRONUTRIENT DEFICIENT



**1 in 2 pregnant women** have intakes of micronutrients below EAR<sup>#</sup>, because Indian diet is **carbohydrate-rich but nutrient-deficient**<sup>5</sup>.

## Adverse health outcomes of gestational micronutrient deficiency<sup>6</sup>

### Short-term

- Miscarriage
- Stillbirth
- Birth defects
- Small size for gestational age
- Preterm birth

### Long-term

- Death
- Altered growth, body composition
- Compromised cardiometabolic, pulmonary & immune function
- Poor neurodevelopment & cognition

# EAR- Estimated Average Requirement

1. Ref - J Health Popul Nutr. 2013 Jun; 31(2): 139-149.  
4. Ref - J Family Med Prim Care. 2018 Mar-Apr; 7(2): 324-330.

2. Ref - International Journal of Contemporary Medical Research Vol 3 | Issue 8 | Aug 2016  
5. Ref - European Journal of Clinical Nutrition (2019) 73: 1536-1545

3. Ref - International Journal of Obstetrics and Gynaecology  
6. Ref - Nat Rev Endocrinol.2016 May;12(5):274-289

# MULTI-MICRONUTRIENTS ARE BENEFICIAL FOR PREGNANCY OUTCOME

- MMN supplementation reduces the risk of
- Low birth weight by **15%** | Preterm birth by **55%** | SGA by **7%**  
Pre-eclampsia by **45%**<sup>[1-4]</sup>

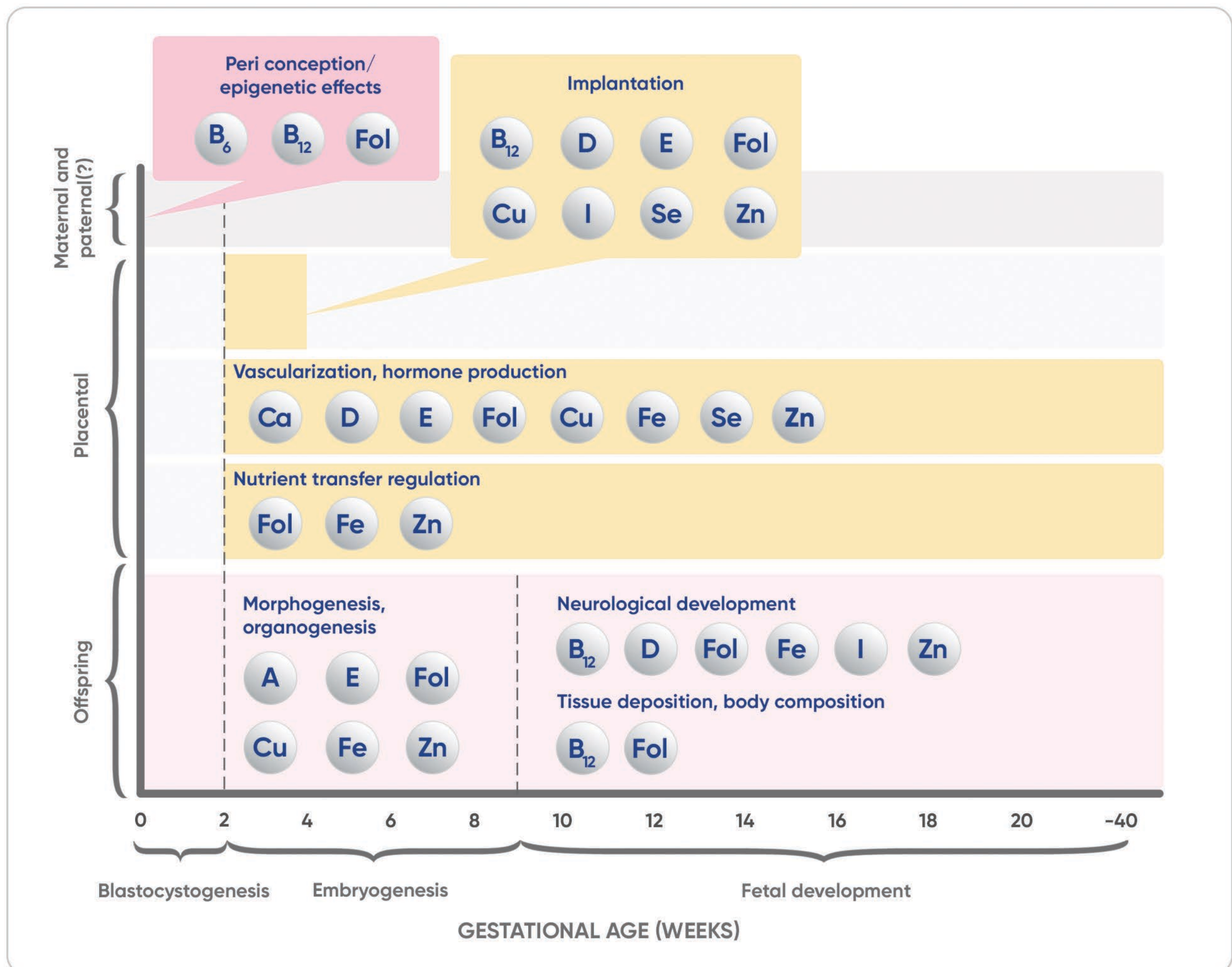


Figure: Multi-Micronutrients required in pregnancy

- MMN supplementation improves childhood survival, growth, body composition, blood pressure, respiratory & cognitive outcomes.<sup>5</sup>
- MMN supplementation is effective in reducing maternal anaemia as compared to iron & folate supplementation alone.<sup>6</sup>

[1] Placenta. 2016 Dec; 48 Suppl : 561-565  
[2] Br J Nutr. 2007 sep; 118(6): 431-440

[3] Nutrients. 2020 Feb; 12 (2): 491  
[4] Obstet Med. 2019 mar; 12(1): 5-13

[5] Ref - BMC Medicine(2016) 14:90  
[6] Ref - Matern Child Nutr. 2018; 14(S5):e12704

# PREGNANCY SUPPLEMENT

*For a healthy pregnancy*



PLUS PLUS

# trimacare<sup>TM</sup>

**Based on Multi-micronutrients (MMN),** including Iron, Folate, Calcium (IFC), **suggested by ICMR & WHO.**

Trusted in developed countries for decades & now available for Indian pregnant women



**One-Stop Solution**  
**Good for mother, good for baby.**

Patients prefer less pills during pregnancy.

**40%** Pregnant women reported non-adherence to therapy due to multiple pills.<sup>1</sup>



# TRIMACARE™ IS A 3-STAGE COURSE:

Unique formulation for every trimester of pregnancy  
(Trimacare can be introduced at any stage of pregnancy)



## TRIMACARE™ 1 (01-12 weeks)

### 20+ Nutrients, including:

- ✓ L Methylfolate (5 mg): 7 times more bioavailable than Folic acid
- ✓ Omega 3 (EPA:DHA = 2:3) (100 mg): Vegetarian source from deep sea Algae stimulates tube formation and prevents placentation disorders
- ✓ Pyridoxine (10 mg) & Anti-emetic blend for morning sickness
- ✓ Vitamin D, Vitamin B12, Iodine, Zinc & more



## TRIMACARE™ 2 (13-26 weeks)

### 20+ Nutrients, including:

- ✓ Iron as Ferrous ascorbate (60 mg): Time-Release for minimizing G.I. side effects
- ✓ Right combination of calcium & Vitamin D; 1250 mg Calcium (Elemental 500 mg) & 400 IU Vitamin D
- ✓ Omega 3 (EPA:DHA = 2:3) (200 mg): Vegetarian source from deep sea Algae Promotes foetal CNS & brain development. Prevents preterm birth.
- ✓ Magnesium & Vitamin E for leg cramps
- ✓ Vitamin B12, Iodine, Zinc & more



## TRIMACARE™ 3 (27-40 weeks)

### 20+ Nutrients, including:

- ✓ Magnesium (310 mg): Prevents cramps & preeclampsia
- ✓ Bowel Regulator for constipation
- ✓ Iron as Ferrous ascorbate (60 mg): Time-Release for minimizing G.I. side effects
- ✓ Omega 3 (EPA:DHA = 2:3) (200 mg): Vegetarian source from deep sea Algae
- ✓ Elemental Calcium (500 mg)
- ✓ Vitamin D, Vitamin B12, Iodine, Zinc & more



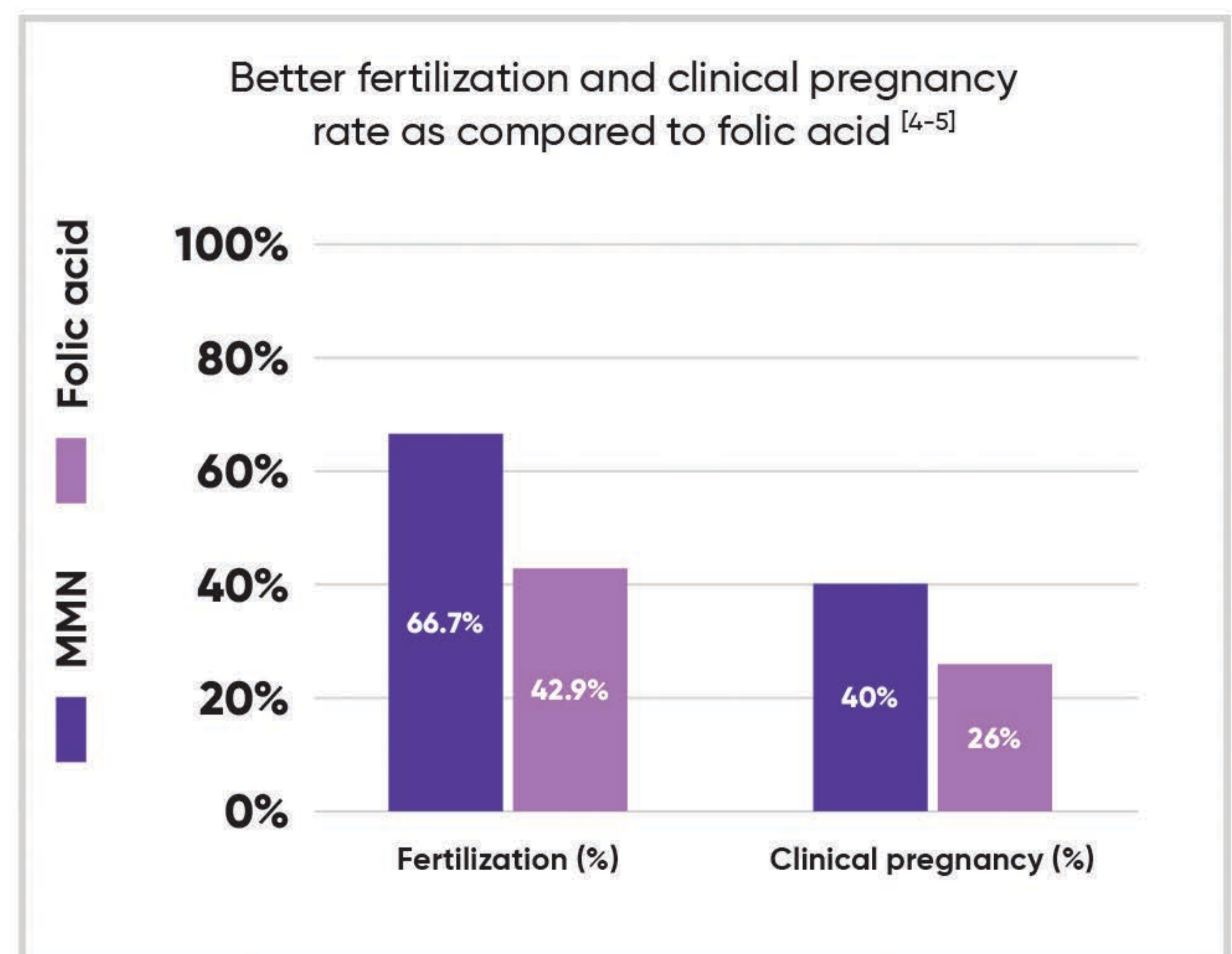
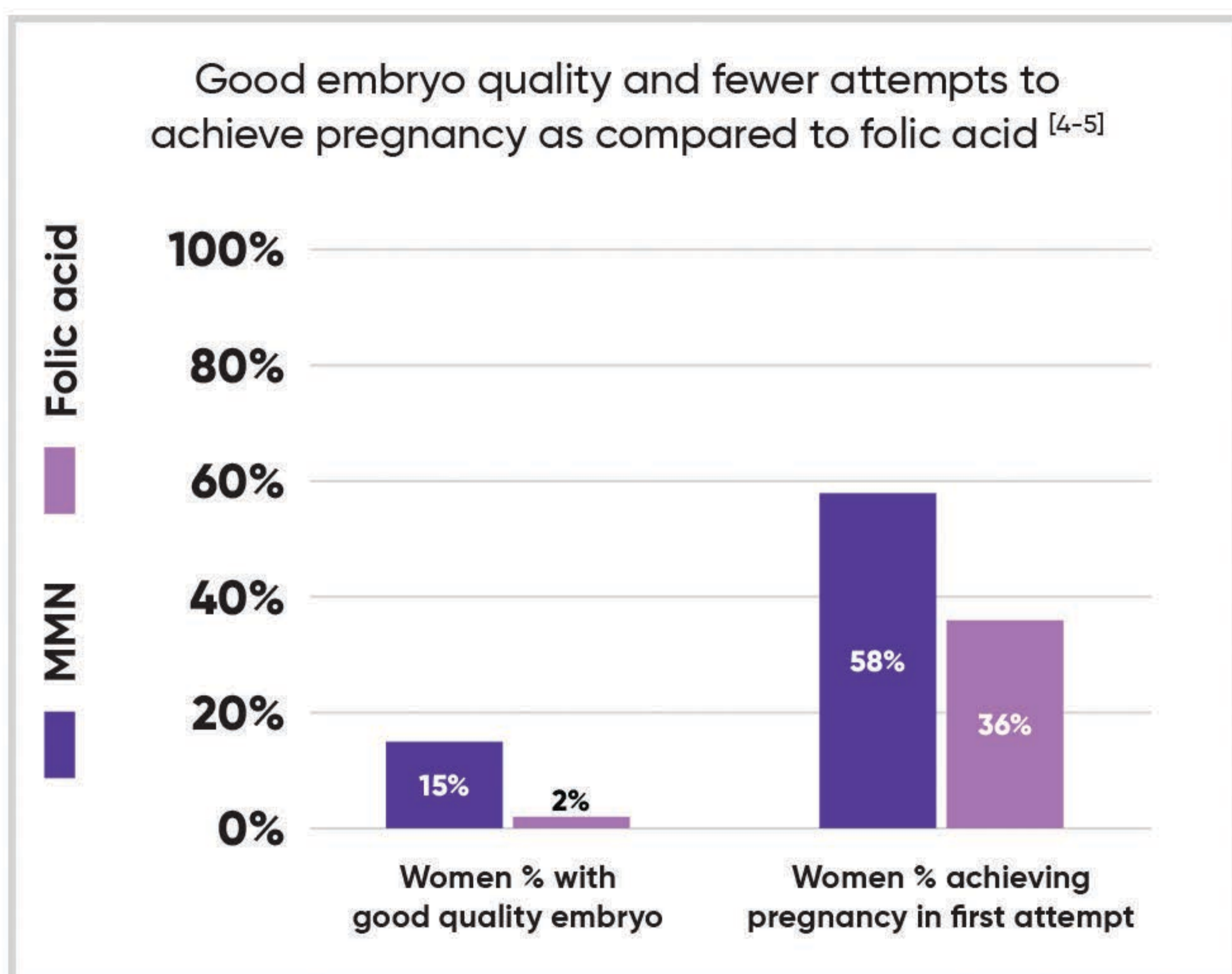


Prenatal tablets  
for healthy pregnancy

Positive impact on clinical outcomes of IVF therapy

Favourable effect of MMN supplementation on IVF therapy [1-3]

- ✓ Normalizes trace element levels
- ✓ Lowers the risk of ovulatory infertility
- ✓ Positive impact on the quality of the microfollicular environment
- ✓ Positive impact on oocyte and embryo quality
- ✓ Positive impact on implantation and live birth
- ✓ Reduces the incidence of low birth weight, small-for-gestational age, and preterm birth



- ✓ **Vitamin D & Omega 3:** Improve clinical pregnancy rate and live birth [6,7]
- ✓ **Antioxidants:** Vitamin B2, B6, A, C, E, Copper, Manganese, Zinc and Selenium improve IVF outcome [1,2]
- ✓ **Vitamin E:** Reduces the time to achieve pregnancy [2]
- ✓ **Vitamin B2, B12 and Folate:** Initiate early embryo development and provide positive IVF outcome [8]

[1] Reprod Biomed Online. 2017;35(6):715-722  
 [2] Clin Med Insights Womens Health. 2019;12:1179562X19843868  
 [3] Cochrane Database Syst Rev. 2019;3(3):CD004905

[4] Gynecol Obstet Invest. 2017;82(1):8-14.  
 [5] Reprod Biomed Online. 2012;24(1):54-60.  
 [6] Hum Reprod. 2012;27(11):3321-3327.

[7] Hum Reprod. 2018;33(1):156-165  
 [8] Front Nutr. 2022;9:962212



## PREGNANCY SUPPLEMENT for healthy pregnancy

### KEY MICRONUTRIENTS AND THEIR BENEFITS

#### L-Methylfolate [1-2]

- **MTHFR gene polymorphism:** 40–60% of population unable to convert folic acid to L-methylfolate
- Enhances women's fertility
- Helps in RBC & DNA synthesis

#### Vitamin A [3-4]

- Assist conception, implantation, placentation, and regular foetal growth
- Daily low-dose supplementation is safe for foetus as well as pregnant women
- Maintains Ocular Integrity

#### Vitamin D [5-6]

- Supports optimal absorption of Calcium
- Reduces the risk of GDM
- Reduces the risk of pre-eclampsia and preterm birth
- Lowers the risk of intrauterine infection
- Important for foetal morphological and functional development

#### Zinc [7]

- Regulates T-helper cytokines
- Helps in neurogenesis
- Plays important role in cognitive development
- Important for bones and skeleton muscles
- Reduces the risk of preeclampsia and preterm birth
- Lowers the risk of intrauterine infection

#### Iodine [8]

- Contributes to production & function of thyroid hormones in pregnant women
- Regulates calcium homeostasis
- Plays important role in brain and nervous system health

#### Vitamin B12 [9]

- Contributes neuronal development particularly in myelinogenesis
- Plays important role in RBC & DNA synthesis
- Prevents spina bifida and other spinal and central nervous system birth defects

#### Iron [10]

- Ferrous ascorbate with time release formulation
- Formulated in a base to provide prolonged activity over a 6-to-8-hour period
- Provides excellent absorption & prevents gastro-intestinal side effects
- Improves Hb production and oxygen supply to foetus

#### Omega-3 [11-13]

- Ferrous ascorbate with time release formulation
- Stimulates tube formation
- Prevents placentation disorders
- Provides excellent absorption & prevents gastro-intestinal side effects
- Supports CNS growth & brain development
- Prevents preterm birth

#### Calcium [14]

- Calcium Carbonate with 400 IU of Vit D for proper absorption
- Does not leave metallic or chalky taste
- Maintains parathyroid hormone (PTH) levels
- Reduces the risk of pre-eclampsia and preterm birth
- Essential for bone development

#### Magnesium [15-16]

- Plays important role in over 600 enzymatic reactions
- Able to influence foetal programming and disease presentation in childhood or adulthood
- Reduces incidence of leg cramps
- Reduces risk of pre-eclampsia & IUGR

#### Vitamin K [17-18]

- Plays important role in haematopoiesis, bone formation & growth
- Supports cardiovascular function
- Facilitates calcium transportation
- Prevents blood vessel calcification
- Facilitates wound recovery after delivery

[1] Rev Obstet Gynecol. 2011;4(3-4):126-127  
[2] J Perinat Med. 2019 Nov 26;47(9):958-962  
[3] Nutr Rev. 2021;79(1):76-87 [4] Nutrients. 2021;13(7):2370  
[5] BMC Pediatr. 2021;21(1):330  
[6] Arch Gynecol Obstet. 2022 Feb;305(2):495-504

[7] Molecules. 2020 Nov 30;25(23):5630  
[8] Nutrients. 2021 Mar 7;13(3):872  
[9] Matern Child Nutr. 2014 Apr;10(2):226-33  
[10] Indian J Med Res. 2021 Jul;154(1):78-84  
[11] doi: 10.15761/JPR.1000103  
[12] Placenta. 2011 Sep;32(9):626-632

[13] Rev Obstet Gynecol. 2010 Fall;3(4):163-71  
[14] J Obstet Gynaecol India. 2017 Oct;67(5):313-318  
[15] Biol Trace Elem Res. 2021;199(10):3647-3657  
[16] Adv Biomed Res. 2017 Aug 31; 6:109  
[17] Sci Rep. 2018 Jul 30;8(1):11459  
[18] Nutr Rev. 2020 Oct 1;78(10):813-826



PREGNANCY SUPPLEMENT  
*for healthy pregnancy*

- ✓ **20+ micronutrients:** Play important role in various biochemical processes
- ✓ **L-Methylfolate:** Active form of folic acid; 7 times more bioavailable than Folic acid
- ✓ **Time-release Iron (Ferrous ascorbate):** Reduces GI side effects. Time release pattern is in 4 packets of 40%+20%+20%+20% in total of 8 hours
- ✓ **Vegetarian source of Omega-3:** Convenient for vegans & vegetarians

Functional Category	Micronutrients of Trimacare™ 2
Fertility modulator	Vit D, Vit E, Vit C, Vit B6, Folate, Zn, Fe, ω-3 & Se
Antioxidants	Vit A, Vit B2, Vit E, Vit C, Se, Fe, Cu, Zn & Mn
Haematopoiesis	Vit A, Vit B6, Vit B12, Vit K, Fe, Cu, Folate, Ca & Zn
Neuropeptide synthesis	Vit C, Vit B5, Vit B6 & Mg
DNA & RNA synthesis	Vit B1, Vit B3, Vit B12, Folate, Mg, Fe & Zn
Thyroid hormone activity	Se, Iodine & Vit C
Amino acid synthesis	Vit B6, Folate, Mg, Zn & Mo
Ocular Integrity	Vit A, Vit C, Vit E, ω-3, Zn & Se
Skin integrity	Vit A, Vit C, Vit D, Vit E, Zn, Cu & Se
Bones and Teeth Health	Vit D, Vit A, Ca, Vit K, Mg, Fe, Cu & Zn
Growth and development	Vit A, Vit E, Vit K, Fe, Cu, Mg, Mn, Zn, B & Mo
Metabolic process	B vitamins, Vit C, Vit D, Iodine, Mg, Mn & Cr
Mood Modulator	Vit D, Vit B1, Vit B2, Vit B5, Vit B6 & Vit B





1 Tablet per day

**Unique formulation for preconception to first trimester of pregnancy**

**NUTRITIONAL INFORMATION**

30 Coated Tablets Serving Size: 1 Tablet

Amount per serving contains approximately:

Nutrients	Am. per Ser.	%RDA
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**Essential Antenatal Care Nutrients**

Vitamin B9 as L-Methylfolate	5 mg	@
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**Context Specific Antenatal Care Nutrients**

Vitamin A as Beta-carotene 50%, Retinol 50%	1600 mcg	25%
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Zinc as Zinc sulphate monohydrate	12 mg	100%
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**Important Antenatal Care Nutrients**

Vitamin D as Ergocalciferol	400 IU	100%
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Vitamin E as D-alpha-tocopherol	10 mg	100%
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Iodine as Potassium iodide	200 mcg	80%
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Magnesium as Magnesium oxide	206 mg	66%
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**Help meet RDA of Multi-Micronutrients**

Vitamin C as L-Ascorbic acid	60 mg	100%
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Vitamin B1 as Thiamine mononitrate	1.6 mg	100%
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Vitamin B2 as Riboflavin	2 mg	100%
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Vitamin B3 as Niacin	18 mg	100%
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Vitamin B5 as Calcium D-pantothenate	5 mg	100%
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Vitamin B6 as Pyridoxine hydrochloride	10 mg	400%
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Vitamin B7 as D-Biotin	30 mcg	100%
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Vitamin B12 as Methylcobalamin	3.6 mcg	300%
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Vitamin K2	55 mcg	100%
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Copper as Copper sulphate pentahydrate	1.7 mg	100%
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Selenium as Sodium selenate	40 mcg	100%
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Manganese as Manganese sulphate	4 mg	100%
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Chromium as Chromium chloride	50 mcg	100%
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Molybdenum as Sodium molybdate	45 mcg	100%
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Boron as Sodium metaborate	150 mcg	#
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**Nutrients good for mother & baby**

Omega-3	100 mg	#
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Anti-emetic Anti-nausea Prop. Blend**	200 mg	#
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**Other Ingredients:** Bulking agent (460), Lactose, Croscarmellose sodium glazing agent (553), Thickener (12030), Anti-caking agent (551), Magnesium stearate stabilizer (1201), Emulsifier (322), Stabilizer (412), Colours (110,171); \*\*Anti-emetic Anti-nausea extract (Prop. blends contains-Scutellaria baicalensis, Citrus ext, Ganoderma lucidum, Zinger ocinale, Grape seed and Mentha spicata Peppermint & Cinnamon); Contains permitted natural colours.

% RDA calculated basis ICMR guidelines, USFDA & WHO recommendation for pregnancy; # No RDA established; @ To meet condition specific requirement

**Nutritional Facts :** Energy 2.47 kcal, Protein 0.02 g, Sugar 0.06 g, Carbohydrate 0.34 g, Fat 0.00 g



**Unique formulation for second trimester of pregnancy**

**NUTRITIONAL INFORMATION - T2 Morning**

30 Coated Tablets

Serving Size: 1 Tablet

Amount per serving contains approximately:

Nutrients	Am. per Ser.	%RDA
<b>Essential Antenatal Care Nutrients</b>		
Iron as Ferrous ascorbate – Time-Release	60 mg	171%
Vitamin B9 as L-Methylfolate	0.5 mg	100%
<b>Context Specific Antenatal Care Nutrients</b>		
Vitamin A as Beta-carotene 50% , Retinol 50%	1600 mcg	25%
Zinc as Zinc sulphate monohydrate	12 mg	100%
<b>Important Antenatal Care Nutrients</b>		
Vitamin E as D-alpha-tocopherol	10 mg	100%
Iodine as Potassium iodide	200 mcg	80%
<b>Help meet RDA of Multi-Micronutrients</b>		
Vitamin C as L-Ascorbic acid	60 mg	100%
Vitamin B1 as Thiamine mononitrate	1.6 mg	100%
Vitamin B2 as Riboflavin	2 mg	100%
Vitamin B3 as Niacin	18 mg	100%
Vitamin B5 as Calcium D-pantothenate	5 mg	100%
Vitamin B6 as Pyridoxine hydrochloride	3 mg	120%
Vitamin B7 as D-Biotin	30 mcg	100%
Vitamin B12 as Methylcobalamin	3.6 mcg	300%
Vitamin K2	55 mcg	100%
Copper as Copper sulphate pentahydrate	1.7 mg	100%
Selenium as Sodium selenate	40 mcg	100%
Manganese as Manganese sulphate	4 mg	100%
Chromium as Chromium chloride	50 mcg	100%
Molybdenum as Sodium molybdate	45 mcg	100%
Boron as Sodium metaborate	150 mcg	#
<b>Nutrients good for mother &amp; baby</b>		
Omega-3	200 mg	#

**Other Ingredients:** Bulking agent (460), Lactose, Croscarmellose sodium glazing agent (553), Thickener (12030), Anti-caking agent (551), Magnesium stearate stabilizer (1201), Emulsifier (322), Stabilizer (412), Colours (110,171); Contains permitted natural colours.

% RDA calculated basis ICMR guidelines, USFDA & WHO recommendation for pregnancy; # No RDA established; @ To meet condition specific requirement

**Nutritional Facts** (Am. per Ser.) Energy 2.47 kcal, Protein 0.02 g, Sugar 0.06 g, Carbohydrate 0.34 g, Fat 0.00 g

**NUTRITIONAL INFORMATION - T2 Evening**

30 Coated Tablets

Serving Size: 1 Tablet

Amount per serving contains approximately:

Nutrients	Am. per Ser.	%RDA
<b>Context Specific Antenatal Care Nutrients</b>		
Calcium as Calcium carbonate	500 mg	42%
<b>Important Antenatal Care Nutrients</b>		
Vitamin D as Ergocalciferol	400 IU	100%
Magnesium as Magnesium oxide	206 mg	66%

**Other Ingredients:** Bulking agent (460), Lactose, Croscarmellose sodium glazing agent (553), Thickener (12030), Anti-caking agent (551), Magnesium stearate stabilizer (1201), Emulsifier (322), Stabilizer (412), Colours (110,171); Contains permitted natural colours

% RDA calculated basis ICMR guidelines, USFDA & WHO recommendation for pregnancy; # No RDA established; @ To meet condition specific requirement

**Nutritional Facts** (Am. per Ser.) Energy 2.47 kcal, Protein 0.02 g, Sugar 0.06 g, Carbohydrate 0.34 g, Fat 0.00 g



Morning Tablet: Iron component with 20+ micronutrients



Evening Tablet: Calcium component with Magnesium, Vitamin D & bowel regulator

**Unique formulation for third trimester of pregnancy to lactation**

### NUTRITIONAL INFORMATION - T3 Morning

30 Coated Tablets Serving Size: 1 Tablet

Amount per serving contains approximately:

Nutrients	Am. per Ser.	%RDA
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#### Essential Antenatal Care Nutrients

Iron as Ferrous ascorbate – Time-Release	60 mg	171%
Vitamin B9 as L-Methylfolate	0.5 mg	100%

#### Context Specific Antenatal Care Nutrients

Vitamin A as Beta-carotene 50% , Retinol 50%	1600 mcg	25%
Zinc as Zinc sulphate monohydrate	12 mg	100%

#### Important Antenatal Care Nutrients

Vitamin E as D-alpha-tocopherol	10 mg	100%
Iodine as Potassium iodide	200 mcg	80%

#### Help meet RDA of Multi-Micronutrients

Vitamin C as L-Ascorbic acid	60 mg	100%
Vitamin B1 as Thiamine mononitrate	1.6 mg	100%
Vitamin B2 as Riboflavin	2 mg	100%
Vitamin B3 as Niacin	18 mg	100%
Vitamin B5 as Calcium D-pantothenate	5 mg	100%
Vitamin B6 as Pyridoxine hydrochloride	3 mg	120%
Vitamin B7 as D-Biotin	30 mcg	100%
Vitamin B12 as Methylcobalamin	3.6 mcg	300%
Vitamin K2	55 mcg	100%
Copper as Copper sulphate pentahydrate	1.7 mg	100%
Selenium as Sodium selenate	40 mcg	100%
Manganese as Manganese sulphate	4 mg	100%
Chromium as Chromium chloride	50 mcg	100%
Molybdenum as Sodium molybdate	45 mcg	100%
Boron as Sodium metaborate	150 mcg	#

#### Nutrients good for mother & baby

Omega-3	200 mg	#
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**Other Ingredients:** Bulking agent (460), Lactose, Croscarmellose sodium glazing agent (553), Thickener (12030), Anti-caking agent (551), Magnesium stearate stabilizer (1201), Emulsifier (322), Stabilizer (412), Colours (110,171); Contains permitted natural colours.

% RDA calculated basis ICMR guidelines, USFDA & WHO recommendation for pregnancy; # No RDA established; @ To meet condition specific requirement  
Nutritional Facts (Am. per Ser.) Energy 2.47 kcal, Protein 0.02 g, Sugar 0.06 g, Carbohydrate 0.34 g, Fat 0.00 g

### NUTRITIONAL INFORMATION - T3 Evening

30 Coated Tablets Serving Size: 1 Tablet

Amount per serving contains approximately:

Nutrients	Am. per Ser.	%RDA
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#### Context Specific Antenatal Care Nutrients

Calcium as Calcium carbonate	500 mg	42%
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#### Important Antenatal Care Nutrients

Vitamin D as Ergocalciferol	400 IU	100%
Magnesium as Magnesium oxide	206 mg	66%

#### Element Considered Good for Mother

Bowel Regulator Prop Blend**	100 mg	#
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**Other Ingredients:** Bulking agent (460), Lactose, Croscarmellose sodium glazing agent (553), Thickener (12030), Anti-caking agent (551), Magnesium stearate stabilizer (1201), Emulsifier (322), Stabilizer (412), Colours (110,171); \*\*Bowel regulator blend: Hull lignans, Foeniculum vulgare, Senna alexandrina, Zingiber officinale and Cuminum cyminum; Contains permitted natural colours

% RDA calculated basis ICMR guidelines, USFDA & WHO recommendation for pregnancy; # No RDA established; @ To meet condition specific requirement

**Nutritional Facts:** (Am. per Ser.) Energy 2.47 kcal, Protein 0.02 g, Sugar 0.06 g, Carbohydrate 0.34 g, Fat 0.00 g



# PlusPlus Lifesciences

*Extraordinary Care, Extraordinary Life.*

PlusPlus Lifesciences is a healthcare company backed by science & innovation. Our products are carefully formulated by a team of doctors, pharmacologists & nutritionists to meet the highest standard of quality, safety & efficacy.

Choose PlusPlus for extraordinary care & extraordinary benefits.



**PlusPlus Lifesciences**

*Extraordinary Care, Extraordinary Life.*