



## I'm pregnant: how nutritional supplement

By GAO XIU QIN

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 180 Publisher: New World Press Pub. Date :2011-6-1. This book describes in detail the necessary knowledge about nutrition during pregnancy. early pregnancy until the birth of time from the Bulletin boards to guide the entire process of nutrient intake. tell you the correct principles of nutritional intake. food taboos during pregnancy. Contents: part1 nutrients during pregnancy. a large assembly. protein - the most important task two nutrition. fat - a necessity of life. running three or water - the source of life four. sugar - the main source of heat five vitamins - - the body of the lubricant six. calcium - your baby bone development. password seven iron - Bulletin boards to keep the bloody roots of eight. copper - to ensure normal fetal brain development of babies nine. zinc - Life flower Ten. iodine - the secret to improve your baby IQ eleven. dha - good for your baby's vision of polyunsaturated fatty acids XII selenium - Bulletin boards to prevent miscarriage with the first element: the pregnancy Bulletin boards on main nutrients nutrition trilogy...



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