

LAC FullCal and LAC Joint Protec for pregnant and postpartum mothers

01 August 2023 | News

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To reduce the painful and potentially lasting effects of pregnancy, it is important for women to consume a balanced diet rich in calcium, vitamin D and other nutrients that support bone health, which brings us to the latest developments by LAC – LAC FullCal and LAC Joint Protec to help optimise musculoskeletal health.

The LAC FullCal and LAC Joint Protec are perfect forms of supplements to add to a new mother's daily diet. With a gold standard 2:1 calcium to magnesium ratio for optimal calcium absorption and metabolism, LAC FullCal is also enriched with other beneficial co-nutrients like fish collagen, and Vit C & E to support joint health, making it an all-rounded calcium supplement.

Alongside LAC FullCal, LAC Joint Protec is a complementary supplement to help boost joint health and alleviate the symptoms brought about by joint weakness. Consisting of key ingredients like glucosamine, chondroitin and collagen to promote cartilage repair, Joint Protec minimises friction between the joints for increased mobility. Enhanced with a blend of other beneficial ingredients, such as the cat's claw, bromelain, and calcium lactate to ease joint discomfort and strengthen joints.

LAC FullCal and Joint Protec not only benefit a mother's bone and joint health but also support the healthy growth and development of the growing baby. These supplements aid in preventing bone loss, reducing inflammation, and improving joint function and mobility, leading to relief from joint pain and restricted movements in mothers.