

Conforms to USP <2091> for weight.
Meets USP <2040> disintegration.

No Artificial Colors, No Artificial Flavors, Sodium Free,
No Wheat, No Gluten, No Dairy.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

For more information:
1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

ACTUAL SIZE

GNC QUALITY COMMITMENT

GNC, the leader in the development and manufacture of dietary supplements, is committed to producing the highest quality products available. This commitment begins with quality designed supplement formulations. Every raw material that goes into a GNC supplement is guaranteed as to quality and potency. Each product is dated and then shipped immediately to our stores, so you can be sure you are purchasing the freshest supplements available. At GNC, we extend our quality commitment to you by offering our money-back guarantee.

GNC GUARANTEE

Use any GNC supplement for as little as 10 days. If you are not 100% completely satisfied, return the unused portion of the product with proof of purchase to your GNC store for a complete refund of your purchase price. No questions asked!



PRENATAL FORMULA WITH IRON

GNC Prenatal Formula is a premium multivitamin that provides nutritional support for both mother and baby before, during and after delivery. Pregnancy is a special time in a woman's life and an important time to be mindful not only of your individual nutritional needs, but the nutritional needs of your baby as well. Maternal nutrition before and during pregnancy affects both your well-being and your infant's growth. As your baby develops through the early phases of life, your nutritional needs will also increase. After delivery, you need an adequate diet rich in essential nutrients such as calcium and folic acid to support nursing and replace depleted nutrient stores. This delicately blended multivitamin offers supplemental nutritional support for both you and your baby.

Nutritional Support

- Supplies a balanced nutritional blend combining vitamins, minerals and antioxidants to supplement a healthy diet. Emerging research suggests that antioxidants can help protect the body from harmful free radicals that can destroy healthy cells.*

Folic Acid

- Provides 1,000 mcg of folic acid, critical during the earliest weeks of pregnancy when a baby's organs are forming. Adequate intake of folic acid in a healthy diet before and during early pregnancy may reduce the risk of birth defects of the brain and spinal cord. Folic acid is also required for cell growth and DNA formation.*

Calcium & Bone Health

- Features 600 mg of bone-strengthening calcium which is vital during pregnancy, especially during the third trimester when fetal bones begin to calcify. If a mother's calcium level drops, her body can pull calcium from her bones resulting in loss of bone density. Also includes 400 IU of vitamin D-3 to enhance calcium absorption.*

Iron

- Includes iron to support placental and fetal needs and a mother's increased blood volume.*

A complete nutritional program should be followed prior to conception through pregnancy and maintained while breastfeeding. Talk to your doctor about adding GNC Prenatal Formula to your daily nutritional regimen.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

 **PRENATAL FORMULA**
With Iron
Dietary Supplement

NUTRITIONAL INSURANCE FOR MOM & BABY

- 1,000 mcg of folic acid to support healthy fetal development*
- 600 mg of bone-strengthening calcium*
- 400 IU of vitamin D-3 to enhance calcium absorption*
- Iron to support increased blood volume*
- Antioxidants to support immune health*

120 CAPLETS

CODE 286322 ILG
Directions: As a dietary supplement, take two caplets daily with food.

Supplement Facts

Serving Size Two Caplets
Servings Per Container 60

Amount Per Serving	% Daily Value†
Vitamin A (as beta-Carotene)	4500 IU 56%
Vitamin C (as Ascorbic Acid)	120 mg 200%
Vitamin D (as Cholecalciferol D-3)	400 IU 100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	30 IU 100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.4 mg 82%
Riboflavin (Vitamin B-2)	1.6 mg 80%
Niacin (as Niacinamide)	18 mg 90%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg 400%
Folic Acid	1000 mcg 125%
Vitamin B-12 (as Cyanocobalamin)	8 mcg 100%
Biotin	35 mcg 12%
Pantothenic Acid (as Calcium d-Pantothenate)	7 mg 70%
Calcium (as Calcium Carbonate)	600 mg 46%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (as Potassium Iodide)	290 mcg 193%
Magnesium (as Magnesium Oxide)	200 mg 44%
Zinc (as Zinc Oxide)	15 mg 100%
Copper (as Copper Gluconate)	1.3 mg 65%
Selenium (as Selenium Yeast)	70 mcg *
Manganese (as Manganese Sulfate)	2.6 mg *
Chromium (as Chromium Yeast)	45 mcg *
Molybdenum (as Sodium Molybdate)	50 mcg *
Boron (as Boron Citrate)	150 mcg *
Choline (as Choline Bitartrate)	550 mcg *

†Daily Value for pregnant or lactating women.
* Daily Value not established.

Other Ingredients: Cellulose, Titanium Dioxide (Natural Mineral Whitener), Vegetable Acetoglycerides.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Folic Acid intake should not exceed 125% of the DV (1000 mcg).