

Health & longevity through the healing power of nature—that's what it means to Trust the Leaf.

 **Prenatal Multivitamin** and mineral provides specially balanced potencies for pregnant or lactating women, including Buffered Vitamin C to avoid possible stomach discomfort.

Questions? Call 1-800-9NATURE or visit naturesway.com. Our Prenatal Multi is carefully tested and produced to certified quality standards.

SATISFACTION GUARANTEED. Freshness & safety sealed with printed outer shrinkwrap and printed inner seal. Do not use if either seal is broken or missing.

Nature's Way® Prenatal Multi contains no artificial ingredients, preservatives, yeast, milk, lactose, wheat or sugar.

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Springville, Utah 84663 USA

Actual Capsule Size



PREMIUM

**Nature's
Way**

QUALITY

Prenatal Multi

VITAMIN & MINERAL



**STOMACH
GENTLE**

180 Capsules / Daily Complete

DIETARY SUPPLEMENT

Recommendation: Take 2 capsules twice daily with meals or water.

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.

Supplement Facts

Serving Size 2 Capsules

Servings Per Container 90

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Vitamin A (as retinol palmitate and 91% as beta carotene)	8,250 IU 103%	Iron (as iron gluconate)	9 mg 50%
Vitamin C (as calcium ascorbate)	100 mg 167%	Iodine (from pacific kelp powder)	25 mcg 17%
Vitamin D (as cholecalciferol)	200 IU 50%	Magnesium (as aspartate/oxide)	125 mg 28%
Vitamin E (as d-alpha tocopheryl)	100 IU 333%	Zinc (as amino acid chelate)	10 mg 67%
Thiamin (as thiamin HCl)	5 mg 294%	Copper (as amino acid chelate(soy))	1 mg 50%
Riboflavin (Vitamin B2)	5 mg 250%	Potassium (as gluconate/chloride)	45 mg **
Niacin (as niacinamide)	15 mg 75%	Manganese (as aspartate)	5 mg **
Vitamin B6 (as pyridoxine HCl)	25 mg 1000%	Boron (as amino acid chelate)	750 mcg **
Folic Acid	400 mcg 50%	Chromium (as polynicotinate)	100 mcg **
Vitamin B12 (as cyanocobalamin)	25 mcg 313%	Molybdenum (as molybdenum tritrate)	50 mcg **
Biotin (as biotin tritrate)	50 mcg 17%	Selenium (as L-selenomethionine)	50 mcg **
Pantothenic Acid (as d-calcium pantothenate)	25 mg 250%	Vitamin K (as phytonadione)	30 mcg **
Calcium (as carbonate/citrate)	250 mg 19%		

**Daily Value not established.

Other ingredients: Gelatin (capsule), Cellulose, Magnesium stearate, Silica