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Manufactured by NOW FOODS, BLOOMINGDALE, IL 600108
 Visit us at www.nowfoods.com

SUGGESTED USAGE: As a dietary supplement for pregnant or lactating women, take 4 capsules daily, preferably in divided doses, with food.
WARNING: Close tightly and keep out of the reach of children.
Caution: Please discard the inedible freshness packet enclosed.

Prenatal Caps

Multiple Vitamin and Mineral

120 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 4 Capsules
 Servings per Container 30

	Amount per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	10,000 IU	200%
Vitamin C (as Calcium Ascorbate)	120 mg	200%
Vitamin D (from Fish Liver Oil)	400 IU	100%
Vitamin E (as d-alpha-Tocopheryl Succinate)	150 IU	500%
Vitamin K	80 mcg	100%
Thiamin (as Thiamine HCl)	5 mg	330%
Riboflavin (Vitamin B-2)	5 mg	290%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine HCl)	5 mg	250%
Folate Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	20 mcg	330%
Biotin	300 mcg	100%
Pantothenic Acid	20 mg	200%
Calcium (as Calcium Carbonate, Calcium Ascorbate)	1200 mg	100%
Iron (as Ferrochel® Bisglycinate**)	36 mg	200%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	500 mg	125%
Zinc (as Amino Acid Chelate)	15 mg	100%
Selenium (as L-Selenomethionine)	50 mcg	140%
Copper (as Amino Acid Chelate)	1 mg	50%
Manganese (as Amino Acid Chelate)	3.5 mg	175%
Chromium (as Chromium Picolinate)	100 mcg	80%
Molybdenum (as Amino Acid Chelate)	80 mcg	105%
Potassium (as Potassium Chloride)	50 mg	1%
Choline (as Choline Bitartrate)	20 mg	†
Inositol	20 mg	†
PABA	10 mg	†
Vanadium (as Amino Acid Chelate)	25 mcg	†

† Daily Values not established.

Other ingredients: Cellulose and Magnesium Stearate.

Contains no yeast, wheat, gluten, corn, soy, milk, egg, sugar, salt or preservatives.

**Ferrochel is a registered trademark of Abson Corp. Abson's patented form of iron is proven to be highly absorbed and non-constipating at recommended levels.

Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this and all other out of reach of children. In case of accidental overdose, call a doctor or Poison Control Center immediately.