

**Nutritional Support for Natural Energy
Production and Overall Well-Being.***

Free from artificial colors and preservatives.

DIRECTIONS: As a dietary supplement, one tablet daily.
KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

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 physician or poison control center immediately.

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

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc., makers of **Nature's Plus**
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PRODUCT NO. 3082



Vegetarian  Yeast Free

Nature's Plus® The Energy Supplements®



Prenatal

**Woman's Dietary
Supplement**



90 Tablets



Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value†	
Vitamin A (as beta carotene)	8000 IU . . .	100%
Vitamin C (as ascorbic acid)	120 mg . . .	200%
Vitamin D (as ergocalciferol)	400 IU . . .	100%
Vitamin E (as d-alpha tocopheryl succinate)	60 IU . . .	200%
Thiamin (vitamin B-1) (as thiamine HCl)	3 mg . . .	176%
Riboflavin (vitamin B-2)	3.4 mg . . .	170%
Niacin (as niacinamide)	40 mg . . .	200%
Vitamin B-6 (as pyridoxine HCl)	4 mg . . .	160%
Folate (as folic acid)	800 mcg . . .	100%
Vitamin B-12 (as cyanocobalamin)	12 mcg . . .	150%
Biotin	600 mcg . . .	200%
Pantothenic Acid (as calcium pantothenate)	20 mg . . .	200%
Calcium (as amino acid chelate/complex)	162 mg . . .	12%
Iron (as amino acid chelate/complex)	18 mg . . .	100%
Phosphorus (as amino acid complex)	125 mg . . .	10%
Iodine (from kelp)	300 mcg . . .	200%
Magnesium (amino acid chelate/complex)	100 mg . . .	22%
Zinc (as gluconate)	7.5 mg . . .	50%
Copper (as gluconate)	4 mg . . .	200%

†Daily Value for pregnant or lactating women.

Other ingredients: Di-calcium phosphate, isolated soy protein, microcrystalline cellulose, magnesium stearate, stearic acid, rice bran, rose hips, pharmaceutical glaze and silica.