

CODE 3806

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Manufactured by NOW FOODS, BLOOMINGDALE, IL 60018  
Made in the U.S.A. [www.nowfoods.com](http://www.nowfoods.com)

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**CAUTION: PLEASE DISCARD THE INEDIBLE FRESHNESS PACKET ENCLOSED.****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.****WARNING:** Close tightly and keep out of the reach of children.**SUGGESTED USAGE:** As a dietary supplement for pregnant or lactating women, take 4 capsules daily, preferably in divided doses, with food.**MULTIPLE VITAMIN & MINERAL**

- Targeted Nutrition During Pregnancy
- Can Also Be Used While Lactating

**120 Capsules**  
A Dietary Supplement




# Prenatal Caps

## Supplement Facts

Serving Size 4 Capsules

Servings Per Container 30

|                                                      | Amount<br>Per Serving | % Daily<br>Value |
|------------------------------------------------------|-----------------------|------------------|
| Vitamin A (100% as Beta-Carotene)                    | 10,000 IU             | 200%             |
| Vitamin C (as Calcium Ascorbate)                     | 120 mg                | 200%             |
| Vitamin D (as Cholecalciferol)                       | 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%             |
| Folic 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 and 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 Piccolinate)                   | 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 Value not established.

Other ingredients: Gelatin (capsule), Cellulose and Magnesium Stearate

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

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