

Manufactured by
Bluebonnet Nutrition Corporation
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Bluebonnet®



Early Promise PRENATAL®

GENTLE MULTIPLE

Providing Essential Vitamins
and Minerals Recommended for
Pregnant and Nursing Women

Dietary Supplement
120 Caplets



Directions: As a dietary supplement, take two caplets once daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 2 Caplets Servings Per Container 60

Amount Per Serving	% Daily Value Pregnant Women	% Daily Value General Population
Vitamin A (as natural beta-carotene 2500 IU) (as vitamin A palmitate 2500 IU)	5000 IU	63
Vitamin C (as calcium ascorbate)	120 mg	200
Vitamin D3 (as cholecalciferol)	800 IU	200
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333
Vitamin B1 (as thiamin mononitrate)	5 mg	294
Vitamin B2 (as riboflavin)	5 mg	250
Vitamin B3 (as niacinamide)	20 mg	100
Vitamin B6 (as pyridoxine HCl)	5 mg	200
Folate (as folic acid)	800 mcg	100
Vitamin B12 (as cyanocobalamin)	12 mcg	150
Biotin	300 mcg	100
Pantothenic Acid (as calcium D-pantothenate)	10 mg	100
Calcium (as citrate, carbonate)	400 mg	30
Iron (as bisglycinate chelate)	27 mg	150
Iodine (as potassium iodide)	150 mcg	100
Magnesium (as citrate, bisglycinate chelate, oxide)	200 mg	44
Zinc (as bisglycinate chelate)	15 mg	100
Selenium (as glycinate complex)††	50 mcg	72
Copper (as bisglycinate chelate)	2 mg	100
Manganese (as bisglycinate chelate)	3 mg	100
Chromium (as nicotinate glycinate chelate)	120 mcg	100
Molybdenum (as glycinate chelate)	75 mcg	100
Choline Bitartrate	300 mg	*
Lutein (from marigold flower extract)	25 mcg	*
Lycopene (from tomato extract)	25 mcg	*
Super Fruit and Vegetable Blend (from wild blueberry, cranberry, prune, cherry, strawberry and bilberry fruits, grape seed, raspberry seed, broccoli, brussels sprouts, carrot, kale, onion, spinach, tomatoes)	100 mg	*

*Daily Value not established.

Other ingredients: Vegetable cellulose, stearic acid, vegetable magnesium stearate, vegetable beet glaze.

Minerals are shown in their elemental value.

Contains: Soybeans

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat.

Also free of yeast, gluten, barley and sugar.

Bluebonnet's KOF-K Certification #K-0000700

†† Albion
Advanced Nutrition
Amino Acid
Complex

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.

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