



WHOLE FOOD Prenatal MULTIVITAMIN

- Raw Whole Food Multivitamin
- Fetal Development^o
- Immune Support^o
- Digestive Health^o
- Energy & Metabolism^o

90 Vegetarian Capsules | Dietary Supplement



Supplement Facts

Serving Size 3 Vegetarian Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value [†]
Calories	5	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Trans Fat	0 g	*
Cholesterol	0 g	0%
Total Carbohydrate	1 g	0%
Dietary Fiber	0 g	0%
Total Sugars	0 g	*
Includes 0 g Added Sugars		0%
Protein	1 g	2% [†]
Vitamin A (as beta-carotene)	3000 mcg (5000 IU)	230%
Vitamin C	60 mg	50%
Vitamin D (as cholecalciferol)	35 mcg (1400 IU)	233%
Vitamin E	20 mg (30 IU)	105%
Vitamin K	50 mcg	56%
Thiamin (Vitamin B1)	1.5 mg	107%
Riboflavin (Vitamin B2)	1.7 mg	106%
Niacin (as niacinamide)	20 mg	111%
Vitamin B6	2 mg	100%
Folate	1333 mcg DFE (800 mcg folic acid)	222%
Vitamin B12 (as methylcobalamin)	6 mcg	214%
Biotin	300 mcg	857%
Pantothenic Acid	10 mg	143%
Calcium	125 mg	10%

	Amount Per Serving	% Daily Value
Iron	18 mg	67%
Phosphorus	150 mg	12%
Iodine	150 mcg	52%
Magnesium	38 mg	10%
Zinc	7.5 mg	58%
Selenium	50 mcg	71%
Copper	0.7 mg	54%
Manganese	2 mg	77%
Chromium	50 mcg	111%
Molybdenum	75 mcg	150%

Organic Fruit & Vegetable Blend 870 mg *

Organic Apple (fruit), Organic Beet (root), Organic Broccoli (stalk & flower), Organic Carrot (root), Organic Spinach (leaf), Organic Tomato (fruit), Organic Strawberry (fruit), Organic Tart Cherry (fruit), Organic Blackberry (fruit), Organic Green Bell Pepper (fruit), Organic Brussels Sprout (leaf), Organic Blueberry (fruit), Organic Ginger (root), Organic Garlic (bulb), Organic Green Onion (bulb), Organic Raspberry (fruit), Organic Parsley (leaf), Organic Cauliflower (flower & stem), Organic Red Cabbage (leaf), Organic Kale (leaf), Organic Cucumber (gourd), Organic Celery (stalk), Organic Asparagus (flower & stem)

Digestive Blend 77 mg *

Ginger (root and rhizome), *Lactobacillus plantarum*, *Lactobacillus bulgaricus*, *Lactobacillus rhamnosus*, *Saccharomyces cerevisiae*

Organic Sprout Blend 10 mg *

Organic Amaranth Sprout, Organic Quinoa Sprout, Organic Millet Sprout, Organic Buckwheat Sprout, Organic Garbanzo Bean Sprout, Organic Lentil Sprout, Organic Adzuki Bean Sprout, Organic Flax Seed Sprout, Organic Sunflower Seed Sprout, Organic Pumpkin Seed Sprout, Organic Chia Seed Sprout, Organic Sesame Seed Sprout

Organic *Vitex negundo* (seed) 4 mg *

containing mixed tocopherols

[†] Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established.

Other ingredients: Vegetable cellulose (capsule), organic rice (hull).

Does not contain: Wheat, Gluten, Dairy, Fish, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: Take three (3) capsules a day with meals, preferably throughout the day.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical condition.

This natural product may vary in color. This does not reflect a variation in potency.

○ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if outer seal is broken or missing.

Distributed by: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
Visit www.vitaminshoppe.com
or call 1-800-223-1216
for more information and to reorder.

Item No. VS-3349 2112332

