

**Adult Suggested Use:** Take 2 softgels daily, preferably with meals unless otherwise directed. \*\*If you have a medical condition or are taking a prescription, consult your health care provider before using this product.



**KEEP OUT OF REACH OF CHILDREN**

**STORE IN A COOL, DRY PLACE OUT OF SUNLIGHT.**

\*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Herbal Vita-Mom

## Prenatal Vitamin\*

Distributed by:  
Mountain Meadow Herbs, Inc.  
Somers, NY 10589, USA  
www.mountainmeadowherbs.com

120 Softgels  
Herbal Dietary Supplement

### Supplement Facts

Serving Size: 2 softgels  
Servings per Container: 60

| Amount Per Serving                                          | %DV  | Amount Per Serving                             | %DV  |
|-------------------------------------------------------------|------|------------------------------------------------|------|
| Vitamin A (as beta carotene) 5000 IU                        | 100% | Selenium (as sodium selenate) 70 mcg           | 100% |
| Vitamin C (as ascorbic acid) 60 mg                          | 100% | Copper (as copper gluconate) 2 mg              | 100% |
| Vitamin D3 (as cholecalciferol) 400 IU                      | 100% | Manganese (as manganese citrate) 2 mg          | 100% |
| Vitamin E (as d-alpha tocopherol) 30 IU                     | 100% | Chromium (as chromium picolinate) 120 mcg      | 100% |
| Vitamin K1 (as phylloquinone) 30 mcg                        | 100% | Potassium (as potassium citrate) 60 mg         | 2%   |
| Vitamin B1 (as thiamine HCl) 4 mg                           | 272% | Coincidence 120 (as ubiquinol) 50 mg           | †    |
| Vitamin B2 (as riboflavin) 5 mg                             | 250% | Inositol 16 mg                                 | †    |
| Niacin (as niacinamide) 20 mg                               | 100% | Herpendin Complex (90% beta-carotene) 50 mg    | †    |
| Vitamin B6 (as pyridoxine HCl) 10 mg                        | 800% | Green tea extract (10% gallocatechin) 30 mg    | †    |
| Folic acid 600 mcg                                          | 200% | Peppermint leaf powder 20 mg                   | †    |
| Vitamin B12 (as cyanocobalamin) 10 mcg                      | 100% | Alfalfa leaf powder 20 mg                      | †    |
| Biotin 200 mcg                                              | 50%  | Red Raspberry leaf powder 20 mg                | †    |
| Pantothenic acid (as D-calcium pantothenate) 10 mg          | 100% | Crabapple (Malus domestica) fruit powder 20 mg | †    |
| Iron (as ferrous succinate) 10 mg                           | 100% | Stinging Nettle leaf powder 20 mg              | †    |
| Iodine (as potassium iodide) 150 mcg                        | 100% | Choline (as choline bitartrate) 50 mg          | †    |
| Magnesium (as magnesium citrate, magnesium stearate) 200 mg | 50%  |                                                |      |
| Zinc (as zinc picolinate) 15 mg                             | 100% |                                                |      |

† Daily value not established.

**OTHER INGREDIENTS:** Rice Bran Oil, Cellulose, Glycerin, Beeswax (yellow), Lecithin (sunflower seed extract), Purified Water, Lycopene and Annatto (color). **CONTAINS: SOY**

