

SUGGESTED USAGE: Adults – take three (3) capsules daily with food, a few hours before or after taking any prescribed medications or as directed by your physician.

WARNING: If you have a pre-existing medical condition, or are taking prescription medications, consult a physician prior to use. This product is not intended for infants or children. **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.**

* 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. DO NOT USE THIS PRODUCT IF THE SAFETY SEAL IS BROKEN OR MISSING.

DISTRIBUTED BY: **femMED** 12 Upjohn Road, Unit 4A, Toronto, Ontario, CANADA M3B 2V9, 1-877-696-5482, www.femmed.com
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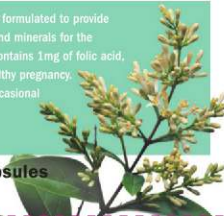
femMED™

PREGNANCY + GINGER

*Contains ginger to help with occasional nausea associated with normal pregnancy**

Pregnancy + Ginger is specially formulated to provide a balanced blend of vitamins and minerals for the maintenance of good health. Contains 1mg of folic acid, an important nutrient for a healthy pregnancy. Contains ginger to help with occasional nausea associated with normal pregnancy.*

60 Vegetable Capsules
Dietary Supplement



Supplement Facts

Serving size = 3 Capsules

Servings per Container = 20

PER SERVING % DAILY VALUE*

Vitamin A (All-trans retinyl palmitate and 50% as Beta Carotene).....	4000 IU	50 %
Vitamin C (Calcium ascorbate).....	100 mg	167 %
Vitamin D (Cholecalciferol [Vitamin D3]).....	800 IU	200 %
Vitamin E (D-alpha tocopheryl acetate).....	110 IU	367 %
Vitamin B1 [Thiamine] (Thiamine mononitrate).....	10 mg	588 %
Vitamin B2 [Riboflavin].....	10 mg	500 %
Vitamin B3 [Niacin] (Niacinamide).....	10 mg	50 %
Vitamin B6 (Pyridoxine hydrochloride).....	10 mg	400 %
Folate (Folic acid).....	1000 mcg	125 %
Vitamin B12 (Cyanocobalamin).....	15 mcg	188 %
Biotin.....	45 mcg	15 %
Vitamin B5 [Pantothenic acid] (Calcium-D-pantothenate).....	10 mg	100 %
Calcium (Calcium citrate tetrahydrate).....	200 mg	15 %
Iron (Ferrous citrate).....	30 mg	166 %
Iodine (Potassium iodide).....	100 mcg	67 %
Magnesium (Magnesium oxide).....	100 mg	22 %
Zinc (Zinc oxide).....	7.5 mg	50 %
Copper (Copper citrate).....	1.5 mg	75 %
Selenium (Selenium HVP chelate).....	15 mcg	***
Manganese (Manganese citrate).....	3 mg	***
Ginger (<i>Zingiber officinale</i> root powder).....	1000 mg	***

* Based on % Daily Values for pregnant or lactating women. *** Daily Value not established.

OTHER INGREDIENTS: Vegetable capsule [cellulose, water], colloidal silicon dioxide, microcrystalline cellulose and vegetable grade magnesium stearate. **This product does not contain dairy, egg, gluten, yeast, artificial colors and flavors.**