

**Nutritional Support for Natural Energy
Production and Overall Well-Being.***

Free from artificial colors and preservatives. Free from the common allergens yeast, wheat, soy and milk.

DIRECTIONS: As a dietary supplement, two tablets once daily.
KEEP TIGHTLY CLOSED IN A COOL, DRY PLACE.

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 physician or poison control center immediately.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Manufactured with LOVE ♥ by
Natural Organics Laboratories, Inc., makers of Nature's Plus
9500 New Horizons Blvd., Amityville, New York 11701, USA
©NATURAL ORGANICS® www.naturesplus.com

Made with Vitashine™

PRODUCT NO. 3084



Now with
**Methylcobalamin
& Methylfolate!**

Vegetarian Yeast Free

Natures Plus.



Ultra Prenatal®

**Woman's High Potency
Dietary Supplement**



Supplement Facts

Serving Size 2 Tablets, Servings Per Container 45

	Amount Per Serving	%DV**
Vitamin A (as beta carotene)	10,000 IU	125%
Vitamin C (as ascorbic acid)	150 mg	250%
Vitamin D3 (as cholecalciferol from lichen)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%
Thiamin (vitamin B1) (as thiamine HCl)	15 mg	882%
Riboflavin (vitamin B2)	15 mg	750%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine HCl)	50 mg	2000%
Folate (as calcium-L-5-methyltetrahydrofolate)	800 mcg	100%
Vitamin B12 (as methylcobalamin)	20 mcg	250%
Biotin	600 mcg	200%
Pantothenic Acid (as calcium pantothenate)	25 mg	250%
Calcium (as amino acid chelate/complex)	600 mg	46%
Iron (as amino acid chelate/complex)	36 mg	200%
Phosphorus (as amino acid complex)	200 mg	15%
Iodine (from kelp)	225 mcg	150%
Magnesium (as amino acid chelate/complex)	225 mg	50%
Zinc (as amino acid chelate/complex)	15 mg	100%
Manganese (as amino acid chelate/complex)	6 mg	300%
Potassium (as amino acid complex)	6 mg	<1%
Choline (as bitartrate)	10 mg	†
Inositol	10 mg	†
PABA (para-aminobenzoic acid)	10 mg	†

**Daily Value (DV) for pregnant or lactating women.

†Daily Value not established.

Other ingredients: Microcrystalline cellulose, tri-calcium phosphate, calcium carbonate, magnesium oxide, vegetable cellulose, stearic acid, magnesium stearate, silica, rice bran, rose hips (*Rosa canina* fruit), potassium iodide and pharmaceutical glaze.