

USAGE: Take 6 tablets per day, in divided intakes, or as directed by your qualified healthcare professional.

NOTE: If you have a medical condition, are under the age of 18, or taking medications, consult your healthcare professional before using this product.

Preg-Natal® is especially formulated to meet a woman's nutritional needs during pregnancy and lactation.* Extra folate, calcium and iron are required for normal fetal development and maternal health.* Choline is important for neurological development of the fetus.*

HEALTH CLAIM: Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis later in life.

**Keep out of the reach of children.
Store 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 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.

In order to further augment fetal and infantile neurological development, use with Jarrow Formulas® Max DHA®, which provides docosahexaenoic acid (DHA), the predominant fatty acid in the brain, nervous system and retina.*

05217PRENA PROD # 101023



Distributed Exclusively by:
Jarrow FORMULAS®
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Lot #: Best Used Before:

Jarrow
FORMULAS®

Preg-Natal® TABLETS



**Provides Nutritional Support
During Pregnancy & Lactation***

180
TABLETS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 6 Tablets

Servings Per Container 30

	Amount Per Serving	DV%†
Vitamin A (as Beta Carotene & Retinyl Palmitate)	5,000 IU	60%
Vitamin C (as Calcium Ascorbate)	120 mg	200%
Vitamin D ₃ (Cholecalciferol)	1,000 IU	250%
Vitamin E (as d-Alpha-Tocopheryl Succinate)	30 IU	100%
Vitamin K (as K ₁ [Phylloquinone] and K ₂ [as Menaquinone-7])	80 mcg	100%
Vitamin B ₁ (as Thiamine Mononitrate)	3 mg	180%
Vitamin B ₂ (Riboflavin)	3.4 mg	170%
Vitamin B ₃ (as Niacinamide)	10 mg	50%
Vitamin B ₆ (as Pyridoxine Hydrochloride)	4 mg	160%
Folate (as Quatrefolic® (5S)-5-Methyltetrahydrofolic Acid Glucosamine Salt & Folic Acid)	800 mcg	100%
Vitamin B ₁₂ (as Methylcobalamin)	20 mcg	250%
Biotin	300 mcg	100%
Pantothenic Acid (as Calcium d-Pantothenate)	20 mg	200%
Calcium (as Calcium Carbonate & Calcium Citrate)	1,200 mg	90%
Iron (as Iron Protein Succinylate)	25 mg	140%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	500 mg	110%
Zinc (L-OptiZinc®) (as Zinc L-Methionine Sulfate)	15 mg	100%
Selenium (as Methyl-L-Selenocysteine)	35 mcg	50%
Copper (as Copper Gluconate)	2 mg	100%
Manganese (as Manganese Citrate)	2 mg	100%
Chromium (from <i>Saccharomyces cerevisiae</i> Nutritional Yeast)	120 mcg	100%
Potassium (as Potassium Chloride)	99 mg	3%
Choline (as Choline Bitartrate)	110 mg	††
Lactoferrin	50 mg	††
Inositol	50 mg	††
Organic Ginger Root Powder (<i>Zingiber officinale</i>)	50 mg	††
Lutein (from esters) (<i>Tagetes erecta</i>) (Marigold Petal Extract)	5 mg	††
Silicon (JaroSil® Activated Silicon® Proprietary Formula Of Molecular Clusters of Stabilized Silicic Acid)	5 mg	††

† Percent Daily Values for pregnant & lactating women.

†† Daily Values not established.

Other Ingredients: Hydrolyzed bovine collagen, methylsulfonylmethane, natural vanilla flavor and a food-grade coating.

Contains: Soy and milk.

No wheat, no gluten, no egg, no fish/shellfish, no peanuts/tree nuts.