



Prenatal Vitamins



With Folate and Iron

- +800mcg Folate + 27mg Iron
- +Supports Baby's Neural Health
- +Easy to Swallow Capsules

Dietary Supplement - 90 Capsules

REORDER AT:
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Distributed By:
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Supplement Facts

Serving Size: 3 Capsules | Servings Per Container: 30

Amount	%DV for Pregnant & Lactating Women	
Vitamin A (with 4000IU from β -carotene, α -carotene, and β -cryptoxanthin from <i>D. salina</i> and 1000 IU as Vitamin A Palmitate)	5,000 I.U.	63%
Vitamin C (as L-ascorbic acid)	100 mg	167%
Vitamin D3 (as cholecalciferol)	2,000 I.U.	500%
Vitamin E (as d-alpha tocopheryl succinate plus mixed tocopherols d-alpha, d-beta, d-delta, d-gamma) from soy	60 I.U.	200%
Vitamin K (50% as vitamin K1 phytonadione and 50% as vitamin K2 menaquinone-7)	60 mcg	*
Thiamine (as thiamine HCl)	3.4 mg	200%
Riboflavin	4 mg	200%
Niacin (75% as niacinamide and 25% as niacin)	20 mg	200%
Vitamin B6 (50% as pyridoxine HCl and 50% as pyridoxal 5'-phosphate)	15 mg	600%
Folate (as Metafolin® L-5-methyltetrahydrofolate)	800 mcg	100%
Vitamin B12 (as methylcobalamin)	500 mcg	6250%
Biotin	300 mcg	100%

SUGGESTED USE: Adults: Before, during, and after pregnancy (and/or while breast feeding) take 3 capsules daily with food or as directed by a healthcare professional. Store in a cool, dry place.

MADE IN USA with Globally Sourced Ingredients

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

Amount	%DV for Pregnant & Lactating Women	
Pantothenic Acid (as calcium D-pantothenate)	10 I.U.	100%
Calcium (as calcium citrate-malate)	100 mg	8%
Iron (as Ferrochel® ferrous bisglycinate chelate***)	27 mg	150%
Iodine (from kelp)	150 mcg	100%
Magnesium (as TRAACS® magnesium bisglycinate chelate, magnesium oxide††)	125 mg	28%
Zinc (as zinc bisglycinate chelate††)	15 mg	100%
Selenium (as selenium amino acid complex)	50 mcg	*
Copper (as copper bisglycinate chelate††)	0.5 mg	25%
Chromium (as chromium nicotinate glycinate chelate††)	75 mcg	*
Molybdenum (as molybdenum glycinate chelate††)	10 mcg	*
Choline (as phosphatidylcholine)	150 mg	*
Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. salina</i>)	25 mcg	*
*Daily value not established		

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), cellulose, silicon dioxide, coconut oil powder, and natural citrus flavor.

†Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

††Albion® Laboratories.



WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. **KEEP OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.