



PRENATAL MINI

PRECONCEPTION PREGNANCY BREASTFEEDING

FOLATE &
CHOLINE

60^{MINI}
TABLETS
DIETARY SUPPLEMENT

Directions: Take 2 tablets daily with a meal.
Store in a cool, dry place away from direct sunlight.

Supplement Facts

Serving size: 2 tablets (1400mg) Servings per container: 30

Amount per serving		%DV*	Amount per serving		%DV*
Vitamin C	120 mg	100%	Copper		1.3 mg 100%
Vitamin D3	10 mcg (400 IU)	67%	<i>Bacillus Subtilis</i> MB40 (Opti-Biome®)	1 billion CFU	†
Vitamin E	7.5 mg	39%	Organic Nourishing & Comfort Blend	100 mg	†
Vitamin B1 (Thiamin)	1.4 mg	100%	Ginger root, Apple, Broccoli, Kale, Spinach,		
Vitamin B2 (Riboflavin)	1.6 mg	100%	Beet, Carrot, Green Cabbage, Parsley,		
Vitamin B3 (Niacin)	18 mg	100%	Blueberry, Raspberry, Strawberry, Tomato		
Vitamin B6	2 mg	100%	Other Ingredients: Microcrystalline cellulose, stearic acid, croscarmellose sodium, talc, magnesium stearate, hypromellose, polydextrose, titanium dioxide, anthocyanin extract, medium chain triglycerides, spirulina extract		
Folate	1,333 mcg DFE (800 mcg Folic Acid)	222%	Nutrition Facts per serving:		
Vitamin B12	2.8 mcg	100%	Calories/Energy 1kcal/4kJ, Protein 0g (0% DV*), Total Fat 0g (0% DV*), Saturated Fat 0g (0% DV*), Trans Fat 0g (0% DV*), Sodium 2mg (0% DV*)		
Biotin	35 mcg	100%	*Percent Daily Values are based on a 2,000 calorie diet.		
Choline	75mg	14%	† Daily Value not established		
Calcium (Aquamin®)	100 mg	8%	This product is not intended to diagnose, treat, cure or prevent any disease.		
Iron	27 mg	150%	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.		
Iodine	290 mcg	100%	Ingredients: Algae, anti-caking agent (microcrystalline cellulose, stearic acid, talc, magnesium stearate), choline bitartrate, ascorbic acid, zinc bisglycinate chelate, organic fruit and vegetable blend, zingiber officinale, iron carbonyl thickener (croscarmellose sodium), niacinamide, copper bisglycinate chelate, bacillus subtilis, d-alpha-tocopheryl acid succinate, folic acid titration, cholecalciferol, biotin titration, potassium iodide titration, pyridoxine HCL, thiamin mononitrate, riboflavin, methylcobalamin titration, hypromellose, polydextrose, titanium dioxide, anthocyanin extract, medium chain triglycerides, spirulina extract		
Magnesium (Aquamin®)	50 mg	13%	Aquamin® is a registered trademark of Marigot Limited. Opti-Biome® is a registered trademark of BIO-CAT Microbiols. Non-GMO, naturally gluten free, no artificial colors or flavors		
Zinc	13 mg	100%			



Net Weight: 42g (1.48oz)

Distributed by:

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Manufactured in USA LifeNutrition.com

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