Other Ingredients: Cellulose, stearic acid (vegetable source), modified cellulose gum, silica, magnesium stearate (vegetable source) and glycerin.

SUGGESTED USE: Before, during and after pregnancy (and/or while breast feeding), take one tablet daily. Pair with a calcium supplement to meet the full recommended daily intake.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

- Gentle one-per-day
- Science-supported formulation
- Simple, convenient & nutrient-rich

Perfect for women seeking a simple yet effective one-per-day prenatal multivitamin/mineral, our **Prenatal Once Daily** is designed to meet many of the nutrient needs of women before, during and after pregnancy (and during breast-feeding). Each lot is tested for proper tablet breakdown in the stomach.†

WE GUARANTEE OUR SUPPLEMENTS FOR POTENCY AND PURITY

To report a serious adverse event, call 1-888-716-3336

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 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.

Formulated for Mom & Baby

PRENATAL ONCE DAILY

Nutritional Support Before, During and After Pregnancy†

Dietary Supplement

30 VEGETARIAN TABLETS

Supplement Facts

Serving Size 1 Tablet — Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin A (20% as palmitate, 80% as beta-carotene)	5,000 IU	83%
Vitamin C (as calcium ascorbate)	60 mg	100%
Vitamin D3 (as cholecalciferol from lanolin)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	30 IU	100%
Thiamin (as thiamin mononitrate)	1.7 mg	100%
Riboflavin	2 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	2.5 mg	100%
Folic Acid	800 mcg	100%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	100%
Calcium (from calcium citrate, dibasic calcium phosphate, ascorbate and pantothenate)	232 mg	30%
Iron (from ferrous fumarate)	27 mg	150%
Phosphorus (from dibasic calcium phosphate)	75 mg	8%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	100 mg	25%
Zinc (from zinc gluconate)	11 mg	73%
Copper (amino acid chelate)	1 mg	50%
Selenium (from l-selenomethionine)	60 mcg	*
Manganese (from manganous gluconate)	2 mg	*
Chromium (from chromium chloride)	30 mcg	*

*Daily Value not established for pregnant/lactating women.

KEEP OUT OF REACH OF CHILDREN.

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