

Since 1972

General Nutrition Support*

GUARANTEED PURE

Nature's Prenatal is a combination of vitamins and minerals formulated to provide nutritional support for pregnant or lactating women.*

- Healthful diets with adequate folate may reduce a woman's risk of having a child with brain or spinal cord birth defects.*
- Contains essential micronutrients needed for energy and metabolism during pregnancy and lactation including 800 mcg of folic acid (deficiencies linked to neural tube defects).*

RECOMMENDATION: Take 1 tablet daily with a meal.

**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.*

Warning: Accidental overdose of iron - containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

This bottle was sealed for your protection. Do not use if inner seal is missing or damaged. Nature's Sunshine uses natural source materials that are subject to color variation.

Product of U.S.A.



NATURE'S PRENATAL®

Dietary Supplement
120 TABLETS

Stock No. 3242
NATURE'S SUNSHINE PRODUCTS, INC.
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www.naturessunshine.com

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet		%Daily Value†
Vitamin A (beta-carotene)	1500 mcg	115%
Vitamin C (ascorbic acid)	70 mg	58%
Vitamin D ₃ (cholecalciferol)	10 mcg	67%
Vitamin E (d-alpha tocopheryl acetate)	22 mg	116%
Thiamin (B ₁ , mononitrate)	3 mg	214%
Riboflavin (B ₂)	3 mg	188%
Niacin (niacinamide)	17 mg	94%
Vitamin B ₆ (pyridoxine hydrochloride)	3 mg	150%
Folate	1333 mcg DFE (800mcg folic acid)	222%
Vitamin B ₁₂ (cyanocobalamin)	5 mcg	179%
Biotin	30 mcg	86%
Pantothenic acid (d-calcium pantothenate)	5 mg	71%
Iron (ferrous fumarate)	27 mg	100%
Iodine (potassium iodide)	75 mcg	26%
Magnesium (oxide)	75 mg	19%
Zinc (gluconate)	7 mg	54%
Copper (gluconate)	1 mg	77%

†Daily Value for pregnant or lactating women.

Other Ingredients: Dicalcium phosphate, cellulose (plant), stearic acid (vegetable), ginger rhizome (*Zingiber officinale*), and magnesium stearate (vegetable).

LOT:
Full Potency Through: