

Fem Prenatal™ is a high quality multivitamin and mineral supplement in convenient, once-daily packets designed to provide important maternal nutrition and support healthy fetal growth and development. It is well accepted that the nutritional status of the mother plays an important role throughout pregnancy.*

Since pregnancy may impose an increased demand for certain nutrients, most doctors recommend the added insurance of a multivitamin and mineral supplement. Fem Prenatal is specifically formulated to provide a spectrum of essential nutrients in forms that may be gentler to the system.*

Directions: Take one packet daily with food or as directed by your healthcare practitioner. Each packet contains two (green) multi tablets and four (white) mineral tablets.

This product is non-GMO and gluten-free.

Warning: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 10,000 IU of preformed vitamin A (retinyl palmitate) per day.

Note: This product has a tamper-evident seal. Do not use if the seal is broken. Store this product in a cool, dry place.



*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.



Fem Prenatal®

Gentle Vitamin & Mineral
Support for Pregnant Women*

DIETARY
SUPPLEMENT

30 PACKETS

PRACTITIONER EXCLUSIVE

Once
Daily Packet

Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

	Amount Per Serving	% Daily Value For Adults and Children 4 or more Years of Age	% Daily Value For Pregnant and Lactating Women
Vitamin A (2,500 IU from mixed carotenoids and 1,500 IU as retinyl palmitate)	4,000 IU	80%	50%
Vitamin C (as ascorbic acid and niacinamide ascorbate)	250 mg	417%	417%
Vitamin D (as cholecalciferol)	400 IU	100%	100%
Vitamin E (as d-alpha-tocopheryl succinate)	90 IU	300%	300%
Vitamin K (as phytonadione)	65 mcg	81%	*
Thiamin (as thiamin mononitrate)	3.4 mg	227%	200%
Riboflavin	3.4 mg	200%	170%
Niacin (as niacinamide ascorbate)	35 mg	175%	175%
Vitamin B ₆ (as pyridoxine HCl)	10 mg	500%	400%
Folate (as calcium L-5-methyltetrahydrofolate)	1,000 mcg	250%	125%
Vitamin B ₁₂ (as methylcobalamin)	120 mcg	2,000%	1,500%
Biotin	300 mcg	100%	100%

	Amount Per Serving	% Daily Value For Adults and Children 4 or more Years of Age	% Daily Value For Pregnant and Lactating Women
Pantothenic Acid (as calcium D-pantothenate)	20 mg	200%	200%
Calcium (as calcium citrate)	500 mg	50%	38%
Iron (as iron glycinate)	30 mg	167%	167%
Iodine (as potassium iodide)	175 mcg	117%	117%
Magnesium (as magnesium citrate and magnesium aspartate)	250 mg	63%	56%
Zinc (as zinc citrate)	25 mg	167%	167%
Selenium (as selenium aspartate)	75 mcg	107%	*
Copper (as copper citrate)	2 mg	100%	100%
Manganese (as manganese citrate)	1.2 mg	60%	*
Chromium (as chromium citrate)	25 mcg	21%	*
Molybdenum (as molybdenum aspartate)	25 mcg	33%	*
Inositol	50 mg	*	*

*Daily Value not established

Other Ingredients for Multi Tablets: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating (hypromellose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin [color]).

Other Ingredients for Mineral Tablets: Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid (vegetable), silica, and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

MANUFACTURED BY: METAGENICS, GIG HARBOR, WA 98332 • 800 692 9400 • METAGENICS.COM

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.