

SUGGESTED USE: Chew 2 tablets daily after breakfast or lunch and follow with a glass of water, or use as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep.

Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

CAUTIONS: Consult your healthcare professional before use. Keep out of reach of children. Avoid if allergic to any ingredient. Do not exceed 1500 mcg intake per day of preformed vitamin A (retinol or retinyl forms). Evaluate total vitamin K intake from food and supplements if you are taking blood-thinning medications.

STORAGE: Keep tightly closed in a cool, dry place out of reach of children.

Optimal Prenatal Chewable offers a specialized prenatal formula designed to help meet the high nutritional needs of women who are pregnant or preparing for pregnancy – or anyone looking for a well-rounded multivitamin in an easy chewable format. This formula contains both folic acid and L-5-MTHF, the most biologically available forms of folate, which are essential during pregnancy to support healthy brain development. L-5-MTHF works in conjunction with chelated minerals and coenzyme forms of B vitamins to support cardiovascular, neurologic, and immune health and normal cell growth. This formula is iron-free to allow for maximal versatility.¹

†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.

Quatrefolic® is a registered trademark of Gnosis S.p.A.
Produced under US patent 7,947,662.

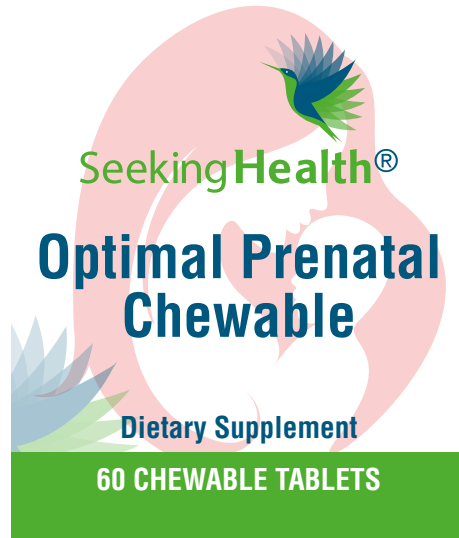
§ DimaCal®, Albion®, and TRAACS® are registered trademarks of Albion Laboratories, Inc. Malates covered by U.S. Patent 6,706,904.

SelenoExcell® is a registered trademark of Cypress Systems, Inc.

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P H Y S I C I A N F O R M U L A T E D



Supplement Facts

Serving Size: 2 Chewable Tablets
Servings Per Container: 30

	Amount Per Serving	%DV for Pregnant or Lactating Women		Amount Per Serving	%DV for Pregnant or Lactating Women
Vitamin A [750 mcg RAE (50%) as beta-carotene and 750 mcg RAE (50%) as retinyl palmitate]	1500 mcg RAE	115%	Zinc (as Zinc Bisglycinate Chelate [®])	7 mg	54%
Vitamin C (ascorbic acid)	350 mg	292%	Selenium (as SelenoExcell [®] High Selenium Yeast)	70 mcg	100%
Vitamin D3 (cholecalciferol)	25 mcg (1000 IU)	167%	Copper (as copper gluconate)	0.5 mg	38%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg	353%	Manganese (as Manganese Bisglycinate Chelate [®])	2 mg	77%
Vitamin K2 (as menaquinone-7)	80 mcg	89%	Chromium (as Chromium Nicotinate Glycinate Chelate [®])	120 mcg	267%
Thiamin (as thiamine hydrochloride)	4 mg	286%	Molybdenum (as Molybdenum Glycinate Chelate [®])	75 mcg	150%
Riboflavin (as riboflavin 5'-phosphate sodium)	4 mg	250%	Betaine Anhydrous (trimethylglycine)	150 mg	*
Niacin (as niacinamide)	25 mg	139%	Milk Thistle Extract (<i>Silybum marianum</i>)(seeds)	75 mg	*
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	250%	Coenzyme Q10	50 mg	*
Folate [50% as Quatrefolic [®] (6S)-5-methyltetrahydrofolate, glucosamine salt and 50% as calcium folinate]	800 mcg DFE	133%	Lutein (from marigold extract)(<i>Tagetes erecta</i>)(flowers)	5 mg	*
Vitamin B12 (80% as methylcobalamin and 20% as adenosylcobalamin)	100 mcg	3,571%	Zeaxanthin (from marigold extract)(<i>Tagetes erecta</i>)(flowers)	2.5 mg	*
Biotin	500 mcg	1,429%	Boron (as Bororganic Glycine [®])	1 mg	*
Pantothenic Acid (as d-calcium pantothenate)	25 mg	357%	Vanadium (as Vanadium Nicotinate Glycinate Chelate [®])	75 mcg	*
Calcium (as Dicalcium Malate [®])	100 mg	8%	* Daily Value (DV) not established.		
Iodine [from potassium iodide and organic Icelandic kelp (<i>Laminaria digitata</i>)(stem and leaf)]	150 mcg	52%			
Magnesium (as DiMagnesium Malate [®])	100 mg	25%			

Other Ingredients: Xylitol, microcrystalline cellulose, stearic acid, natural flavors, malic acid, silica, monk fruit extract, magnesium stearate, and licorice root powder (*Glycyrrhiza glabra*).

DOES NOT CONTAIN: Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, artificial colors, or artificial flavors.

Optimal Prenatal Chewable Meets or Exceeds cGMP Quality Standards.

This package is completely recyclable ♻️

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