

**Recommended Dose:** Take 3 capsules daily with a meal, a few hours before or after taking medications, or as recommended by your health professional. **Warning:** If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use. If you are taking blood thinners, consult your health professional before use. Use only if safety seal is intact. Store in a cool, dry place.

**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.

<sup>†</sup>This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

v2 **156-180U**  
Manufactured for  
**Seroyal USA**  
Pittsburgh, PA 15275  
1-888-737-6925  
**seroyal.com**



GENESTRA  
BRANDS®

# Pregna Vite

## Dietary Supplement

*Multivitamin/Mineral complex for pregnancy and lactation<sup>†</sup>*

**180 VEGETARIAN CAPSULES**

## Supplement Facts

Serving Size 3 Capsules  
Servings per Container 60

	Amount Per Serving	% DV for Adult Women	% DV for Pregnant & Lactating Women
Vitamin A (as vitamin A acetate/81% beta-carotene)	1,190 mcg	132%	92%
Vitamin C (as ascorbic acid)	170 mg	189%	142%
Vitamin D (as cholecalciferol)	25 mcg (1,000 IU)	125%	167%
Vitamin E (as d-alpha tocopheryl succinate)	30 mg	201%	159%
Vitamin K <sub>1</sub> (as phyloquinone)	90 mcg	75%	100%
Thiamin (as thiamin mononitrate)	2.8 mg	233%	200%
Riboflavin	2.8 mg	215%	175%
Niacin (as niacinamide)	36 mg	225%	200%
Vitamin B <sub>6</sub> (as pyridoxal-5-phosphate)	3.8 mg	224%	190%
Folate (as folic acid)	1,667 mcg DFE (1,000 mcg folic acid)	417%	278%
Vitamin B <sub>12</sub> (as methylcobalamin)	50 mcg	2,083%	1,786%
Biotin	150 mcg	500%	429%
Pantothenic Acid (as calcium d-pantothenate)	12 mg	240%	171%
Calcium (as calcium citrate)	200 mg	15%	15%
Iron (as ferrous fumarate)	27 mg	150%	100%
Iodine (as potassium iodide)	220 mcg	147%	76%
Magnesium (as magnesium citrate)	50 mg	12%	13%
Zinc (as zinc citrate)	11 mg	100%	85%
Selenium (as selenomethionine)	60 mcg	109%	86%
Copper (as copper citrate)	1 mg	111%	77%
Manganese (as manganese citrate)	2 mg	87%	77%
Chromium (as chromium polynicotinate)	30 mcg	86%	67%
Molybdenum (as molybdenum citrate)	50 mcg	111%	100%
Bilberry ( <i>Vaccinium myrtillus</i> ) Fruit Extract (80 - 100:1) (25% Anthocyanins/2.4 - 3 g Dried Equivalent)	30 mg	*	*

\* Daily value (DV) not established

Other ingredients: Hypromellose, cellulose, magnesium stearate, silica