

prenatal multivitamin

up&up

30

TABLETS

30 TABLETS DIETARY SUPPLEMENT

Directions: Adults: One tablet daily, with food.

Supplement Facts

Serving Size: One tablet

Amount Per Serving	% Daily Value for Pregnant and Lactating Women	Amount Per Serving	% Daily Value for Pregnant and Lactating Women
Vitamin A (50% as beta-carotene)	4000 IU 50%	Vitamin B12	8 mcg 100%
Vitamin C	60 mg 100%	Biotin	300 mcg 100%
Vitamin D	400 IU 100%	Pantothenic Acid	10 mg 100%
Vitamin E	30 IU 100%	Calcium (elemental)	300 mg 23%
Thiamin	1.7 mg 100%	Iron	28 mg 156%
Riboflavin	2 mg 100%	Iodine	150 mcg 100%
Niacin	20 mg 100%	Magnesium	50 mg 11%
Vitamin B6	2.5 mg 100%	Zinc	15 mg 100%
Folic Acid	800 mcg 100%	Copper	2 mg 100%

Ingredients: Calcium Carbonate, Dicalcium Phosphate, Microcrystalline Cellulose, Ferrous Fumarate, Magnesium Oxide, Ascorbic Acid, Croscarmellose Sodium, dl-Alpha Tocopheryl Acetate, Gelatin, Stearic Acid, Polyvinyl Alcohol, Niacinamide, Zinc Oxide, Calcium Pantothenate, Titanium Dioxide Color, Magnesium Stearate, Polyethylene Glycol, Talc, Silicon Dioxide, Cupric Sulfate, Pyridoxine Hydrochloride, Calcium Silicate, Thiamine Mononitrate, Riboflavin, Beta-Carotene, Folic Acid, FD&C Red #40 Aluminum Lake, Vitamin A Acetate, Biotin, Potassium Iodide, FD&C Blue #2 Aluminum Lake, Cholecalciferol, Cyanocobalamin.

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. (1-800-222-1222)

CAUTION: If you are pregnant, inform your doctor, or if nursing, your child's doctor, that you are taking this product. Ask your doctor before use if you are taking any medication, planning any medical procedure, have a medical condition or have bleeding problems.

KEEP OUT OF REACH OF CHILDREN.

Store at room temperature. Avoid excessive heat.

Questions? Call 1-888-547-7400

**DO NOT USE IF PRINTED SEAL UNDER CAP IS
BROKEN OR MISSING**

GLUTEN FREE

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