



HERBAL VITA-MOM

Prenatal Vitamin

EXPECTING & NURSING MOMS

120
SOFTGELS

HERBAL DIETARY
SUPPLEMENT

60
SERVINGS



SUGGESTED USE: Adults: Take 2 softgels daily, preferably with meals unless otherwise directed. Caution: If you have a medical condition, or are taking a prescription, consult your health care provider before using this product. Keep out of reach of children. Store in a cool, dry place out of sunlight.

Manufactured for
and Distributed by:
Mountain Meadow Herbs, Inc.
1019 Hard Rock Rd, Somers, MT 59932
888.528.8615 | www.mmherbs.com



Support a Healthy Pregnancy*

- A healthy blend of vitamins, minerals, and herbs
- Easy on the stomach
- Meets or exceeds the recommended Daily Value of 14 vitamins and minerals



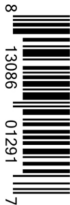
Supplement Facts

Serving Size: 2 softgels

Servings Per Container: 60

Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta-Carotene) 1500 mcg RAE	115%	Magnesium (as Mg Oxide and Mg Citrate) 200 mg	50%
Vitamin C (as Ascorbic Acid) 60 mg	50%	Zinc (as Zinc Picolinate) 15 mg	115%
Vitamin D (as Cholecalciferol) 10 mcg	67%	Selenium (as Sodium Selenate) 70 mcg	100%
Vitamin E (as d-alpha Tocopherol) 20 mg	105%	Copper (as Copper Gluconate) 2 mg	154%
Vitamin K (as Phytonadione) 80 mcg	89%	Manganese (as Manganese Citrate) 2 mg	77%
Thiamine (as Thiamine HCl) 4 mg	286%	Chromium (as Chromium Picolinate) 120 mcg	267%
Riboflavin 5 mg	313%	Coenzyme Q10 50 mg	†
Niacin (as Niacinamide) 20 mg	111%	Inositol 16 mg	†
Vitamin B6 (as Pyridoxine HCl) 10 mg	500%	Hesperidin Complex (from <i>Citrus aurantium</i> Fruit) 50 mg	†
Folate 1333 mcg DFE (800 mcg folic acid)	222%	Ginger (<i>Zingiber officinale</i>) Root Extract 30 mg	†
Vitamin B12 (as Cyanocobalamin) 10 mcg	357%	Peppermint (<i>Mentha piperita</i>) Leaf Extract 20 mg	†
Biotin 200 mcg	571%	Alfalfa (<i>Medicago sativa</i>) Leaf Powder 20 mg	†
Pantothenic acid (as d-Calcium Pantothenate) 10 mg	143%	Red Raspberry (<i>Rubus idaeus</i>) Leaf Powder 20 mg	†
Choline (as Choline Bitartrate) 20 mg	4%	Cranberry (<i>Vaccinium macrocarpon</i>) Fruit powder 20 mg	†
Iron (as Ferrous Succinate) 18 mg	67%	Stinging Nettle (<i>Urtica dioica</i>) Leaf Powder 20 mg	†
Iodine (as Potassium Iodide) 150 mcg	52%	† Daily Value (DV) not established.	

Other Ingredients: Rice Bran Oil, Gelatin, Glycerin, Potassium Citrate (supplying 60 mg of Potassium), Purified Water, Yellow Beeswax, Sunflower Lecithin, and Color (Lycopene and Annatto). **CONTAINS: SOY**



* 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.