

Specially formulated Prenatal Multivitamin provides Buffered Vitamin C to support pregnant and nursing mothers. Our Prenatal is carefully tested to ensure we deliver the highest quality product with Folate to support healthy brain/spinal development.*



GLUTEN FREE. No yeast-derived ingredients, wheat, dairy products, or artificial colors, flavors, or preservatives.

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Green Bay, WI 54311 USA
Questions? 1-800-9NATURE / naturesway.com

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

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PRENATAL MULTIVITAMIN

WITH BUFFERED VITAMIN C



180 CAPSULES | COMPLETE MULTIVITAMIN
DIETARY SUPPLEMENT

Recommendation: Women take 2 capsules twice daily with meals or water. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts			Amount per Serving	% DV
Serving Size 2 Capsules			Biotin	50 mcg 143%
Servings per Container 90			Pantothenic Acid (as calcium-D-pantothenate)	25 mg 357%
Amount per Serving		% DV	Calcium (as calcium carbonate/citrate)	250 mg 19%
Vitamin A (as 91% beta carotene [2,250 mcg] and 9% retinyl acetate [225 mcg])	2,475 mcg	190%	Iron (as ferrous gluconate)	9 mg 33%
Vitamin C (as calcium ascorbate)	100 mg	83%	Iodine (from kelp powder/as potassium iodide)	158 mcg 54%
Vitamin D (as cholecalciferol)	5 mcg	33%	Magnesium (as magnesium aspartate/oxide)	125 mg 31%
Vitamin E (as D-alpha tocopheryl succinate)	67 mg	353%	Zinc (as zinc bisglycinate chelate)	10 mg 77%
Vitamin K (as phytonadione)	30 mcg	33%	Selenium (as L-selenomethionine)	50 mcg 71%
Thiamin (Vitamin B1)	5 mg	357%	Copper (as copper complex)	1 mg 77%
Riboflavin (Vitamin B2)	5 mg	313%	Manganese (as manganese aspartate)	5 mg 192%
Niacin (as niacinamide)	15 mg	83%	Molybdenum (as sodium molybdate)	50 mcg 100%
Vitamin B6 (as pyridoxine HCl)	25 mg	1,250%	Potassium (as potassium gluconate/chloride)	45 mg 1%
Folate	666 mcg DFE (400 mcg Folic Acid)	111%	Kelp (whole thallus)	42 mg **
Vitamin B12 (as cyanocobalamin)	25 mcg	893%	**Daily Value (DV) not established.	

Other ingredients: gelatin (capsule), magnesium stearate, cellulose, silica

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.

Keep out of reach of children. Safety sealed with printed inner seal. Do not use if seal is broken or missing.