

Liquid Health

DIRECTIONS

Shake Well. Refrigerate after opening. May be mixed with juice for best taste. Settling is normal. Protect from heat, light, & moisture. As with any natural product, color and taste may vary. Most effective when taken 30 minutes before meals.

Recommended Use: 1 Tbsp daily

Designed to nourish mother and baby before, during and after pregnancy. As with any dietary or herbal supplement, you should advise your healthcare practitioner of the use of this product.

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.

CONTAINS NO ARTIFICIAL COLORING OR FLAVORING, SUGAR, STARCH, SALT, WHEAT, GLUTEN, YEAST, OR MILK DERIVATIVES.

100% VEGETARIAN



LIQUID PRENATAL MULTI

DIETARY SUPPLEMENT

Organic Whole Food Nutrients*

800 mcg Folate from Organic Lemon Peel*
Gentle / Non-Constipating Iron*

**GLUTEN
FREE**



**NON
GMO**



**SUGAR
FREE**



16 fl. oz. • 473 ml.

SUPPLEMENT FACTS

Serving Size: 1 Tbsp

Servings Per Container: 32

	Amount Per Tbsp	% Daily Value†
Calories	16	**
Total Carbohydrates	2.5g	**
Sugars	0	**
Vitamin A (as 100% natural beta-carotene)	900 Mcg RAE	100%
Vitamin C (as ascorbic acid, citrus bioflavonoids, certified organic whole-food vitamin mineral blend)	120 mg	133%
Vitamin D3 (as cholecalciferol)	20 mcg (800 iU)	100%
Vitamin E (as tocopherol acetate, mixed alpha tocopherols, certified organic whole-food vitamin mineral)	20 mcg	133%
Thiamin - Vitamin B1 (as Thiamine hcl USP, certified organic whole-food vitamin mineral blend)	2.3 mg	192%
Riboflavin - Vitamin B2 (as Riboflavin 5 phosphate, certified organic whole-food vitamin mineral blend)	2.6 mg	200%
Niacin - Vitamin B3 (as niacinamide USP, certified organic whole-food vitamin mineral blend)	20 mg	125%
Vitamin B6 (as pyridoxine hcl USP, certified organic whole-food vitamin mineral blend)	2.8 mg	165%
Folate (100% from certified organic spinach)	800 mcg DFE	200%
Vitamin B12 (as methylcobalamin, certified organic whole-food vitamin mineral blend)	200 mcg	8333%
Biotin (as biotin USP, certified organic whole-food vitamin mineral blend)	300 mcg	1000%
Pantothenic acid (as d-calcium pantothenate, certified organic whole-food vitamin mineral blend)	15mg	300%g
Choline (as choline bitartrate)	15 mg	3%
Calcium (from whole food plant source)	20 mg	2%
Iron (as Ferrochel® ferrous bisglycinate chelate, certified organic whole-food vitamin mineral blend)	18 mg	100%
Iodine (as potassium iodide)	100 mcg	67%
Magnesium (from algae, certified organic whole-food vitamin mineral blend)	2 mg	0%
Zinc (as zinc picolinate, certified organic whole-food vitamin mineral blend)	10 mg	91%
Selenium (as amino acid chelate, certified organic whole-food vitamin mineral blend)	45 mcg	82%
Manganese (as manganese citrate, certified organic whole-food vitamin mineral blend)	2 mg	87%
Chromium (as chromium polynicotinate, certified organic whole-food vitamin mineral blend)	100 mcg	286%
Molybdenum (as sodium molybdenate, certified organic whole-food vitamin mineral blend)	75 mcg	167%
63 trace mineral blend (plant source)	3 mg	**

Whole Food Nutrient Blend	650 mg	**
Red algae mineral blend (Lithothamnion), NutraFlora® ScFOS prebiotic blend, Acai berry (Euterpe oleracea), Bilberry (Vaccinium Myrtillus), Cranberry (Vaccinium Macrocarpon), Mulberry (Morus spp.), Strawberry (Fragaria spp.), Certified Organic Guava (Psidium guajava) extract, Certified Organic Lemon (Citrus limon) extract, Certified Organic Sesbania Grandiflora extract, Certified Organic Amla (Phyllanthus emblic) berry extract, Certified Organic Holy Basil (Ocimum sanctum) extract, Certified Organic Annatto (Bixa Orellana) extract, Fruits & Greens™ Antioxidant Fruit and Vegetable Blend (extractives of: Banana, kiwi, mango, pineapple, cranberry, cherry, raspberry, red pepper, plum, apricot, ginger, broccoli, spinach, kale, cabbage, orange, grapefruit, lemon, lime, green tea)		

** Daily Value not established

† Percent Daily Values are based on a 2,000 calorie diet

Other Ingredients: Reverse Osmosis Water, Aloe vera Juice, Vegetable glycerin, Xylitol, Erythritol, Citric Acid, Natural Flavoring, Xanthan gum, Reb A Leaf Extract, Potassium sorbate (to preserve freshness), Potassium benzoate (to preserve freshness).

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*These statements have not been evaluated by the FDA. This product is a dietary supplement and is not intended to diagnose, treat, cure, or prevent any disease.

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