

**Dosage:** One Tablet daily or as directed by a physician.

**Indications:** To provide vitamin and mineral supplementation prior to and throughout pregnancy and during the postnatal period. For both lactating and non-lactating mothers.

**Precautions:** Folic Acid in doses above 1000mcg may obscure pernicious anemia, in that hematological remission may occur while neurological manifestations remain progressive.

**Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

**1-800-456-4138**  
**www.pharmics.com**

Dietary Supplement



**BetterNatal™**

**16 Vitamins and Minerals  
including Folic Acid  
and Vitamin D  
Gluten Free**

**100 Tablets**  
**pharmics inc.**

Rev4/19

ITEM # 2018-01

### Supplement Facts

| Serving Size 1 Tablet                      |              | % daily value* |
|--------------------------------------------|--------------|----------------|
| Amount Per Serving                         |              |                |
| Each Tablet Contains:                      |              |                |
| Vitamin A (as Beta Carotene)               | 750 mcg RAE  | 58%            |
| Vitamin C (as Ascorbic Acid)               | 70 mg        | 58%            |
| Vitamin D3 (as Cholecalciferol)            | 50 mcg       | 333%           |
| Vitamin E (as dl-Alpha Tocopheryl Acetate) | 13.5 mg      | 71%            |
| Thiamine (as Thiamine Mononitrate)         | 1.5 mg       | 107%           |
| Riboflavin                                 | 1.6 mg       | 100%           |
| Niacin (as Niacinamide)                    | 17 mg        | 94%            |
| Vitamin B6 (as Pyridoxine HCl)             | 12 mg        | 600%           |
| Folic Acid                                 | 1667 mcg DFE | 278%           |
| Vitamin B-12 (as Cyanocobalamin)           | 12 mcg       | 429%           |
| Calcium (as Calcium Carbonate)             | 200 mg       | 15%            |
| Iron (as Ferrous Fumarate)                 | 15 mg        | 56%            |
| Iodine (as Potassium Iodide)               | 150 mcg      | 52%            |
| Magnesium (as Magnesium Oxide)             | 100 mg       | 25%            |
| Zinc (as Zinc Oxide)                       | 15 mg        | 115%           |
| Copper (as Cupric Sulfate)                 | 2 mg         | 154%           |

\*Percent daily value for a pregnant and or lactating woman

**Other Ingredients:** Cellulose, Croscarmellose Sodium, Maltodextrin, Acacia Gum, Magnesium Stearate, Titanium Dioxide, Triacetin, Stearic Acid, Silicon Dioxide.



Manufactured for:  
**Pharmics Inc.**  
Riverton, UT 84065

LOT NO.

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