

Potent & Science-Safe Targeted Nutrition for Pregnant & Nursing Women

Supports all body systems of pregnant and nursing women with:

- **Research-Based Multivitamin Protection**—from optimal potencies of critical nutrients including the full 800 mcg of folic acid, extra iron and vitamin D with the most optimal potencies of calcium and magnesium of any one-per-day prenatal multivitamin.
- **A Gentle Prenatal Blend**—of nourishing botanicals traditionally used to support a healthy pregnancy, including fresh ginger juice plus probiotics to help soothe digestion.*
- **Guaranteed 100% Natural**—for exceptional purity when moms and babies need it most.

SUGGESTED USAGE: For pure and potent protection, take one tablet per day, with or between meals.

GUARANTEE: 100% Natural — Free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives often found in vitamin products. Contains no sugar, lactose, wheat, gluten or yeast. **VeganGuard**® screened for vegans to be free of animal products. Purchase supports at risk moms and babies worldwide through ongoing 10:1 **vitaminangels** donations.

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.



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* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

RAINBOW

L I G H T®



Prenatal One™ VeganGuard® Multivitamin

Feel the Difference

- > Potent & Science-Safe
- > Gentle on the Stomach
- > Guaranteed 100% Natural

90

Tablets

Dietary Supplement

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% DV for Pregnant or Lactating Women	Amount Per Serving	% DV for Pregnant or Lactating Women
Vitamin A (as Palmitate 2,000 IU, Beta-Carotene 2,000 IU) —————	4,000 IU — 50%	Zinc (as Citrate) —————	15 mg — 100%
Vitamin C (as Ascorbic Acid) —————	100 mg — 167%	Selenium (as Selenomethionine) —————	100 mcg — *
Vitamin D (as D ₂ Ergocalciferol) —————	400 IU — 100%	Copper (as Amino Acid Chelate) —————	2 mg — 100%
Vitamin E (as d-alpha Tocopheryl Succinate) ———	100 IU — 333%	Manganese (as Citrate) ———	2 mg — *
Vitamin K (Phytonadione) —————	65 mcg — *	Chromium (as Amino Nicotinate) —————	120 mcg — *
Thiamin (Vitamin B-1) —————	10 mg — 588%	Molybdenum (as Amino Acid Chelate) —————	75 mcg — *
Riboflavin (Vitamin B-2) ———	10 mg — 500%	Potassium (as Citrate) ———	10 mg — *
Niacin (as Niacinamide) ———	20 mg — 100%	Citrus Bioflavonoids ———	25 mg — *
Vitamin B-6 (as Pyridoxine) —————	15 mg — 600%	Choline (as Bitartrate) ———	10 mg — *
Folic Acid —————	800 mcg — 100%	Inositol —————	10 mg — *
Vitamin B-12 (as Cyanocobalamin) ———	25 mcg — 313%	Boron (as Glycinate) ———	1 mg — *
Biotin —————	300 mcg — 100%	Gentle Prenatal Blend — 90 mg — *	
Pantothenic Acid (Vitamin B-5) ———	15 mg — 150%	(equivalent to 320 mg food and herbal powder)	
Calcium (as Carbonate, Citrate-Malate) —————	200 mg — 15%	Red Raspberry [leaf] 2:1 Extract, Ginger [rhizome] Fresh Juice 10:1 Extract, Organic Spirulina	
Iron (as Amino Acid Chelate) ———	30 mg — 167%	Complete Digestive Support	
Iodine (from Kelp) —————	150 mcg — 100%	Protease —————	660 HUT — *
Magnesium (as Oxide) ———	100 mg — 22%	Amylase —————	226 DU — *
		Lipase —————	2 LU — *
		Cellulase —————	3 CU — *
		<i>Lactobacillus</i>	
		<i>Sporogenes</i> — 25,000,000 CFU — *	
		* Daily Value (DV) not established.	

Other ingredients: natural mineral or vegetable source microcrystalline cellulose, stearic acid (vegetable), modified cellulose, silica, magnesium stearate, Coating: vegetable food glaze, Contains soy lecithin in vegetable glaze.