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Fem Prenatal® is a high quality multivitamin and mineral supplement in convenient, once-daily packets designed to provide important maternal nutrition and support healthy fetal growth and development. It is well accepted that the nutritional status of the mother plays an important role throughout pregnancy.*

Since pregnancy may impose an increased demand for certain nutrients, most doctors recommend the added insurance of a multivitamin and mineral supplement. Fem Prenatal is specifically formulated to provide a spectrum of essential nutrients in forms that may be gentler to the system.*

Directions: Take one packet daily with food or as directed by your healthcare practitioner. Each packet contains two (green) multi tablets and four (white) mineral tablets.

This product is non-GMO and gluten-free.

Warning: Excess vitamin A may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl palmitate) per day.

Note: This product has a tamper-evident seal. Do not use if the seal is broken. Store this product in a cool, dry place.



Once
Daily Packet

Fem Prenatal®

Gentle Vitamin & Mineral
Support for Pregnant Women*

30 PACKETS

DIETARY
SUPPLEMENT

PRACTITIONER EXCLUSIVE



*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.

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Supplement Facts

Serving Size 1 Packet
Servings Per Container 30

	Amount Per Serving	% Daily Value For Adults and Children 4 or more Years of Age	% Daily Value For Pregnant and Lactating Women		Amount Per Serving	% Daily Value For Adults and Children 4 or more Years of Age	% Daily Value For Pregnant and Lactating Women
Total Carbohydrate	1 g	<1%*	<1%*	Biotin	300 mcg	1,000%	857%
Dietary Fiber	1 g	4%*	4%*	Pantothenic Acid (as calcium D-pantothenate)	20 mg	400%	286%
Vitamin A (from mixed carotenoids and retinyl palmitate)	1,200 mcg	133%	92%	Calcium (as calcium citrate)	500 mg	38%	38%
Vitamin C (as ascorbic acid and niacinamide ascorbate)	250 mg	278%	208%	Iron (as iron glycinate)	30 mg	167%	111%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	50%	67%	Iodine (as potassium iodide)	175 mcg	117%	60%
Vitamin E (as d-alpha tocopheryl succinate)	60.3 mg	402%	317%	Magnesium (as magnesium citrate and magnesium aspartate)	250 mg	60%	63%
Vitamin K (as phytonadione USP)	65 mcg	54%	72%	Zinc (as zinc citrate)	25 mg	227%	192%
Thiamin (as thiamin mononitrate)	3.4 mg	283%	243%	Selenium (as selenium aspartate)	75 mcg	136%	107%
Riboflavin	3.4 mg	262%	213%	Copper (as copper citrate)	2 mg	222%	154%
Niacin (as niacinamide ascorbate)	35 mg	219%	194%	Manganese (as manganese citrate)	1.2 mg	52%	46%
Vitamin B ₆ (as pyridoxine HCl)	10 mg	588%	500%	Chromium (as chromium citrate)	25 mcg	71%	56%
Folate (as calcium L-5-methyltetrahydrofolate) [†]	1,700 mcg DFE	425%	283%	Molybdenum (as molybdenum aspartate complex)	25 mcg	56%	50%
Vitamin B ₁₂ (as methylcobalamin)	120 mcg	5,000%	4,286%				
				Myo-Inositol	50 mg	**	**

Other Ingredients for Multi Tablets: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating [hypromellose, medium-chain triglycerides, hydroxypropylcellulose, and sodium copper chlorophyllin (color)].

Other Ingredients for Mineral Tablets: Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid (vegetable), silica, and coating (hypromellose, medium-chain triglycerides, and hydroxypropylcellulose).

MANUFACTURED BY: METAGENICS, GIG HARBOR, WA 98332 • 800 692 9400 • METAGENICS.COM

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.

[†]As Metafolin®. Metafolin® is a registered trademark of Merck KGaA, Darmstadt Germany