

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar and Artificial Flavor.

Solgar® Prenatal Nutrients is a proprietary formula that provides 100% Daily Value of most of the essential vitamins and minerals for pregnant and lactating women. Nutritional requirements significantly change during this time, and diet alone may not always be enough to meet those needed levels. This supplement provides a balanced combination of nutrients such as Calcium, Iron, Folic Acid and antioxidants and Beta-Carotene, Vitamins C and E. Pregnant women have increased iron requirements. Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord defect.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Solgar's KOF-K certification #K-1250

†Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. Albion® is a registered trademark of Albion Laboratories.

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†††Naturally occurring.

Note: L-Tryptophan is naturally occurring

For more information, call toll-free
1-877-SOLGAR 4, www.solgar.com
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PRENATAL NUTRIENTS

MULTIVITAMIN & MINERAL
FORMULA FOR PREGNANT
AND LACTATING WOMEN

DIETARY SUPPLEMENT

240 TABLETS
SUITABLE FOR VEGANS
GLUTEN, WHEAT & DAIRY FREE



CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 60

Amount Per Serving	%DV for Pregnant & Lactating Women	Amount Per Serving	%DV for Pregnant & Lactating Women	Amount Per Serving	%DV for Pregnant & Lactating Women
Calories	5	Biotin.....	300 mcg 857%	Chromium	25 mcg 56%
Total Carbohydrate	1 g.....<1%*	Pantothenic Acid.....	10 mg.....143%	(as chromium picolinate [yeast-free])	
Vitamin A.....	1,500 mcg.....115%	(as D-Ca pantothenate)		Sodium†††.....	15 mg.....1%
(from natural beta-carotene)		Calcium	1,300 mg.....100%	Potassium.....	50 mg.....1%
Vitamin C	100 mg.....83%	(as calcium carbonate, calcium citrate)		(as potassium gluconate,	
(as L-ascorbic acid)		Iron.....	27 mg.....100%	potassium amino acid complex††)	
Vitamin D	10 mcg (400 IU) ...67%	(as ferrous bisglycinate chelate†)		Inositol	10 mg.....**
(as ergocalciferol)		Iodine (as potassium iodide).....	150 mcg 52%	Choline Bitartrate	10 mg.....**
Vitamin E	20.1 mg 106%	Magnesium	450 mg 113%	Soy Protein Isolate	160 mg.....**
(as d-alpha tocopheryl succinate)		(as magnesium oxide, magnesium citrate)		Providing: L-Glutamic Acid, L-Aspartic Acid,	
Thiamin (vitamin B1)	1.7 mg 121%	Zinc	15 mg 115%	L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine,	
(as thiamin mononitrate)		(as zinc oxide, zinc glycinate chelate††)		L-Serine, L-Proline, L-Valine, L-Isoleucine,	
Riboflavin (vitamin B2)	2 mg 125%	Selenium.....	25 mcg 36%	L-Alanine, Glycine, L-Threonine, L-Tyrosine,	
Niacin (vitamin B3)	20 mg 111%	(as L-selenomethionine)		L-Histidine, L-Tryptophan, L-Cysteine, L-Methionine	
(as niacinamide)		Copper	2 mg 154%		
Vitamin B6	2.5 mg 125%	(as copper gluconate,		*Percent Daily Values (DV) are based on a	
(as pyridoxine HCl)		copper glycinate chelate††)		2,000 calorie diet	
Folate.....	1,333 mcg DFE 222%	Manganese	2 mg 77%	**Daily Value (DV) not established	
(800 mcg folic acid)		(as manganese gluconate,			
Vitamin B12	8 mcg 286%	manganese glycinate chelate††)			
(as cyanocobalamin)					

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Purple Carrot (color), Vegetable Glycerin, Silica, Vegetable Magnesium Stearate, Titanium Dioxide (color). Contains soy ingredients.

SUGGESTED USE: As a dietary supplement for pregnant and lactating women, take four (4) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

If you are taking any medications, planning any medical or surgical procedure or have any medical condition, or are planning to undergo any clinical lab testing, please consult your healthcare practitioner before taking any dietary supplement. Some supplements may interact with certain medications and/or interfere with certain lab tests. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

