

FREEDA®



PRENATAL ONE DAILY™

Vitamin and Mineral
Supplement

100 TABLETS



NO GLUTEN
NO LACTOSE
NO ARTIFICIAL COLORS
NO ARTIFICIAL FLAVORS
NO ANIMAL DERIVATIVES
NO SUGAR OR STARCH
NO GELATIN
NO YEAST

Suggested use: Pregnant and lactating women, take one (1) tablet daily preferably with food and liquid.

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.

FREEDA HEALTH Manufactured in a GMP
1-800-777-3737 certified facility in the USA
Brooklyn, NY 11210 / www.freedavitamins.com

VEGAN

Store product at room temperature. Do not expose to excessive heat or moisture.



Supplement Facts

Serving Size 1 Coated Tablet

Amount Per Tablet	% Daily Value for Pregnant and Lactating Women	
Vitamin A (as vitamin A palmitate)	2000 IU	83%
Vitamin C (as calcium ascorbate)	100 mg	167%
Vitamin D (as ergocalciferol)	800 IU	200%
Vitamin E (as d alpha tocopheryl acid succinate)	15 IU	75%
Thiamin (vitamin B1) (as thiamin hydrochloride)	2 mg	118%
Riboflavin (vitamin B2)	3 mg	150%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	3 mg	120%
Folic acid	800 mcg	100%
Vitamin B12 (as methylcobalamin)	10 mcg	125%
Biotin	300 mcg	100%
Pantothenic acid (as d-calcium pantothenate)	10 mg	100%
Calcium (as calcium carbonate and calcium ascorbate)	200 mg	15%
Iron (as ferrous fumarate)	27 mg	150%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	60 mg	13%
Zinc (as zinc citrate)	15 mg	100%
Copper (as cupric gluconate)	2 mg	100%
Choline (as choline dihydrogen citrate)	10 mg	*
Manganese (as manganese gluconate)	1 mg	*

*daily value not established

Other ingredients: Cellulose, vegetarian stearate, vegetable glycerin coating, silica, croscarmellose sodium.

