

FREEDA®



Tiny Tablet

MINI

PRENATAL™

Vitamin and Mineral
Supplement

120 TABLETS



PAREVE

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

Suggested use: Pregnant and lactating women, take two (2) tablets daily preferably with food and liquid. Store product at room temperature. Do not expose to excessive heat or moisture.

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.freedahealth.com

Supplement Facts

Serving Size 2 Coated Tablets

Servings per container 60

Amount Per Serving	% Daily Value for Pregnant and Lactating Women	
Vitamin A (as vitamin A palmitate) (2000 IU)	600 mcg	46%
Vitamin C (as calcium ascorbate)	100 mg	83%
Vitamin D (as 800 IU ergocalciferol)	20 mcg	133%
Vitamin E (as 15 IU d-alpha tocopheryl succinate)	10 mg	53%
Vitamin B1 (as thiamin HCl)	2 mg	143%
Vitamin B2 (as riboflavin)	3 mg	188%
Vitamin B3 (as niacinamide)	20 mg	111%
Vitamin B6 (as pyridoxine HCl)	3 mg	150%
Folate (as 800 mcg Folic Acid)	1334 mcg DFE	222%
Vitamin B12 (as methylcobalamin)	10 mcg	357%
Biotin	100 mcg	286%
Pantothenic acid (as d-calcium pantothenate)	10 mg	143%
Calcium (as calcium ascorbate and calcium carbonate)	20 mg	2%
Iron (as ferrous fumarate)	27 mg	100%
Magnesium (as magnesium oxide)	10 mg	3%
Zinc (as zinc citrate)	15 mg	115%
Copper (as copper gluconate)	1 mg	77%
Manganese (as manganese gluconate)	1 mg	38%

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

