

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

3 capsules 2 times daily with food, or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)[†], MILK/DAIRY (CASEIN, WHEY)[†], SOY PROTEIN[†], EGG PROTEIN[†], SUGAR.

[†]VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are independently tested by U.S. labs.
Learn more at vitalnutrients.net

This formula contains Albion® Minerals

manufactured by
VITAL NUTRIENTS

45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

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.



VITAL

NUTRIENTS

PreNatal Multi-Nutrients

DIETARY SUPPLEMENT
180 VEGETARIAN CAPSULES

Supplement Facts

serving size: 3 vegetarian capsules - servings per container: 60

	amt. per serving	% daily value
Vitamin A	1.88mg	145%
(67% as beta carotene and mixed carotenoids- 33% as vitamin A acetate)		
Vitamin C	250mg	208%
Vitamin D3 (as cholecalciferol)	400IU	10mg
Vitamin E (as d-alpha tocopheryl succinate)	200IU	165.3mg
Vitamin K (as vitamin K1)	50mcg	56%
Thiamin (as thiamine HCl)	25mg	1786%
Riboflavin	5mg	313%
Vitamin B6 (as pyridoxine HCl)	25mg	1250%
Folate (50% L-5-MTHF Metafolin® & 50% Folic Acid)	400mcg	680mcg DFE
Vitamin B12 (as methylcobalamin)	100mcg	3571%
Biotin	150mcg	429%
Pantothenic Acid (as calcium pantothenate)	50mg	714%
Calcium (as dicalcium malate)	200mg	15%
Iron (as iron aspartate)	15mg	56%
Iodine (as potassium iodide)	112.5mcg	39%
Magnesium (as dimagnesium malate)	100mg	25%
Zinc (as zinc citrate)	12.5mg	96%
Selenium (as selenomethionine)	100mcg	143%
Copper (as copper glycinate)	1mg	77%
Manganese (as manganese citrate)	2.5mg	96%
Chromium (as chromium polynicotinate)	100mcg	222%
Molybdenum (as molybdenum citrate)	25mcg	50%
Potassium (as potassium chloride)	45mg	1%
Niacinamide	25mg	*
Boron (as boron citrate)	500mcg	*
Vanadium (as vanadium citrate)	25mcg	*

* Daily Value not established

Other Ingredients: Vegetable Cellulose Capsule, Ascorbyl Palmitate, and Silica.