

# BIOTICS<sup>®</sup> RESEARCH CORPORATION



## Pre-Natal Packs<sup>™</sup>

Dietary Supplement

31 PACKS

**RECOMMENDATION:** One (1) pack each day as a dietary supplement or as otherwise directed by a healthcare professional.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of 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.

**KEEP OUT OF REACH OF CHILDREN**

Store in a cool, dry area.

Sealed with an imprinted safety seal for your protection.

NDC #55146-06250 Rev. 6/99

## Supplement Facts

Serving Size: 1 Pack

Servings Per Container: 31

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Calories	20		Iodine (from kelp)	100 mcg	67%
Calories from Fat	20		Magnesium (as magnesium citrate, glycinate and ascorbate)	200 mg	50%
Total Fat	2 g	2%*	Zinc (as zinc gluconate)	23 mg	132%
Saturated Fat	0 g	0%*	Selenium (from vegetable culture †)	50 mcg	71%
Cholesterol	10 mg	2%	Copper (as copper gluconate)	4 mg	200%
Vitamin A (as palmitate and natural mixed carotenoids)	5,000 IU	100%	Manganese (as manganese gluconate)	2 mg	100%
Vitamin C (as magnesium ascorbate)	200 mg	333%	Chromium (from vegetable culture †)	50 mcg	42%
Vitamin D (as cholecalciferol)	200 IU	50%	Potassium (as potassium chloride)	89 mg	2%
Vitamin E (as d-alpha tocopherol)	400 IU	1,333%	Boron (as calcium borogluconate)	1 mg	-
Vitamin K (as phytonadione)	10 mcg	12%	Rubidium (from vegetable culture †)	20 mcg	-
Thiamin (B1) (as cocarboxylase chloride)	1.5 mg	100%	Vanadium (from vegetable culture †)	10 mcg	-
Riboflavin (as riboflavin-5-phosphate)	1.7 mg	100%	Omega-3 fatty acids (from 2 g fish oil providing not less than 360 mg EPA & 240 mg DHA)	600 mg	-
Niacin (as niacinamide)	100 mg	500%	N-Acetyl-L-Cysteine	50 mg	-
Vitamin B6 (as pyridoxal-5-phosphate)	4 mg	200%	L-Methionine	100 mg	-
Folic Acid	800 mcg	200%	Taurine	150 mg	-
Vitamin B12 (as fresh bound cobalamin)	17 mcg	252%	Superoxide Dismutase (from vegetable culture †)	20 mcg	-
Biotin	300 mcg	100%	Catalase (from vegetable culture †)	20 mcg	-
Pantothenic Acid (as calcium pantothenate)	10 mg	100%			
Calcium (as calcium citrate)	400 mg	40%			
Iron (as ferrous gluconate)	25 mg	139%			

Other ingredients: Capsule shell (gelatin, glycerin and water), stearic acid (vegetable source), cellulose, modified cellulose gum, magnesium stearate (vegetable source) and bud glass.

Contains ingredients derived from Sardine, Anchovy or Tuna.

† Specially grown, biologically active vegetable culture containing Phytochemically Bound Trace Elements<sup>™</sup> and naturally associated phytochemicals including polyphenolic compounds with SOO and catalase, stabilized at low temperature to preserve associated enzyme factors.

Lot Number:  
Exp. Date:

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