



Mother & Child™

PERFECT POSTNATAL NUTRITION
FOR BABY & YOU!*

120 TABLETS | 1 MONTH SUPPLY

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 30

Amount Per Serving	%DV for Pregnant and Lactating Women
Vitamin A (as beta carotene) (4,500 mcg).....	7,500 IU 346%
Vitamin C (as ascorbic acid).....	500 mg 417%
Vitamin D3 (as VitaShine™ vegan cholecalciferol) (25 mcg)	1000 IU 167%
Vitamin E (as d-alpha tocopheryl succinate) (166 mg)	200 IU 874%
Thiamine (Vitamin B1) (as thiamine mononitrate)	30 mg 2143%
Riboflavin (Vitamin B2)	34 mg 2125%
Niacin (as niacinamide, niacin)	100 mg 555%
Vitamin B6 (as pyridoxine HCl)	40 mg 2000%
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolate, glucosamine salt)	400 mcg 67%
Vitamin B12 (as methylcobalamin)	120 mcg .. 4286%
Biotin (as d-biotin)	300 mcg 857%
Pantothenic acid (as d-calcium pantothenate)	100 mg ... 1429%
Calcium (as Calcium citrate, d-calcium pantothenate)	200.2 mg 16%
Iron (as Iron bis-glycinate)	12 mg 44%
Iodine (from North Atlantic kelp)	152 mcg 52%
Magnesium (as Magnesium oxide, citrate)	200 mg 50%
Zinc (as Zinc lactate)	15 mg 115%
Selenium (as Selenium l-methyl selenocysteine) ..	70 mcg 100%
Copper (as Copper sebacate)	0.5 mg 38%
Manganese (as Manganese citrate)	2 mg 77%
Chromium (as Chromium polynicotinate)	120 mcg 267%
Molybdenum (as Molybdenum glycinate)	60 mcg 120%
Potassium (as Potassium citrate).....	50 mg <2%

SuperFood Complex 1.138 g *
Chlorella, Organic Spirulina, Organic Oat grass juice extract, Organic North Atlantic kelp (stem and leaf)

Amount Per Serving	%DV for Pregnant and Lactating Women
Co-Nutrients	590 mg *
Mixed tocopherol complex, L-Taurine, Colostrum, Sunflower lecithin (source of phosphatidylcholine), Inositol	
Herbal Extracts	300 mg *
Green tea extract (leaf), Burdock extract (root), Stinging nettle extract (leaf), Ginger extract (root), Dandelion extract (leaf)	
Fruit Extracts	150 mg *
Strawberry, Blueberry, Blackberry, Cranberry, Grape, Pomegranate, and Acerola cherry fruit extracts	
Bioflavonoids	120 mg *
Hesperidin (from citrus sinensis), Rutin extract (from Sophora japonica L. bud)	
Digestive Aids/Enzymes	27 mg *
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine®)	
Minerals	6 mg *
Bamboo extract (stem and leaf), Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)	

*Daily Value (DV) not established.

Other Ingredients: silicon dioxide, cellulose, croscarmellose sodium, stearic acid, l-leucine

Contains: dairy

Quatrefolic® is a registered trademark of Gnosis. BioPerine® is a registered trademark of Sabinsa Corp.

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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.



Mother & Child™ is a perfect blend of vitamins, organic SuperFoods, Superior Herbal tonics and much, much more. Its 44,600 mg of whole food value, (vastly more than others), are blended specifically to:

- ✓ help you recuperate from the rigors of giving birth*
- ✓ support your energy needs during early motherhood*
- ✓ enrich your breast milk with immune enhancing nutrients for you and your newborn*

Suggested Use: Four tablets daily. Best if used in divided doses. May be taken with or without meals.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach.

Does NOT Contain: wheat, tree nuts, peanuts, soy, eggs, fish, shellfish

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



EXPIRATION & LOT #

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