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Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), gelatin (capsule), vegetable stearate, silica, coating (polyvinyl alcohol, titanium dioxide, polyethylene glycol, magnesium silicate, isopropanol), croscarmellose sodium, glycerin, purified water, ethylcellulose, sodium alginate and stearic acid

Manufactured by: Douglas Laboratories
600 Boyce Road, Pittsburgh, PA 15205
www.douglaslabs.com 1.800.245.4440

Suggested Usage: As a dietary supplement, adults take 1 pack daily or as directed by your health professional.

Warning: If you are pregnant, nursing, have any health condition or taking any medication, consult your health professional before using this product.

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.

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

FloraGLO® is a registered trademark of Kemin Industries, Inc., USA.

KEEP OUT OF THE REACH OF CHILDREN.

Store in a cool, dry place. Use only if safety seal is intact.



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excellence

Gluten-free, Non-GMO

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

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula #66588 V3

Prenatal Pack

Multinutrient Convenience Pack

Dietary Supplement

Maternal health and wellness†



30 Packs

S u p p l e m e n t F a c t s		
Serving Size 1 Pack (2 Vegetarian Capsules / 2 Softgels / 1 Tablet Per Pack)		
Servings Per Container 30		
	Amount Per Serving	%DV
Calories.....	10	
Total Fat	1 g	1%^
Vitamin A (as natural beta-carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	80 mg	89%
Vitamin D ₃ (as cholecalciferol)	20 mcg (800 IU)	100%
Vitamin E (as d-alpha tocopheryl succinate and d-alpha tocopherol) ...	35.5 mg	237%
Thiamine (as thiamine mononitrate)	1.5 mg	125%
Riboflavin	1.7 mg	131%
Niacin (as niacinamide)	20 mg	125%
Vitamin B ₆ (as pyridoxine HCl)	2 mg	118%
Folate (as Metafolin®, L-5-MTHF)	1,333 mcg DFE (800 mcg L-5-MTHF)	333%
Vitamin B ₁₂ (as methylcobalamin)	10 mcg	417%
Biotin	300 mcg	1,000%
Panthenic Acid (as calcium pantothenate)	10 mg	200%
Calcium (as calcium citrate)	400 mg	31%
Iron (as Ferronyl®, iron carbonyl)	27 mg	150%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	70 mg	17%
Zinc (as zinc citrate)	10 mg	91%
Selenium (as selenomethionine)	75 mcg	136%
Copper (as copper glycinate chelate)	1 mg	111%
Manganese (as manganese citrate)	1 mg	43%
Chromium (as chromium polynicotinate)	150 mcg	429%
Molybdenum (as molybdenum chelate)	75 mcg	167%
Marine Lipid Triglycerides	1,000 mg	*
Yielding:		
DHA (docosahexaenoic acid)	450 mg	*
EPA (eicosapentaenoic acid)	150 mg	*
Lutein (from marigold [<i>Tagetes erecta</i> , flower])	3 mg	*
*Daily Value (DV) not established		
*Percent Daily Values are based on a 2000 calorie diet		

Contains: Fish Oil (anchovy, sardine)