

NGL-039V.01

Distributed by:

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Usage Warnings: Do not use if printed seal under cap is missing or damaged. Check with your doctor before using this product if you are using medication, have any medical conditions, or are pregnant or nursing. Not intended for use by persons under 18. Do not exceed recommended dosage. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool dry place, tightly closed.



Manufacturing facility meets
FDA required GMP Standards



MADE IN USA



MANUFACTURING DATE:

LOT NO.:

EXPIRATION DATE:



*Nature's
Gifts*

**Mother
KARE**

Prenatal Multivitamin

✓ **Omega 3** ✓ **Iron (Ferrous Glycinate)**

✓ **Beta Carotene** ✓ **Easy-to-swallow**

Dietary Supplement

**100
Softgels**

HALAL
GELATIN

Supplement Facts

Serving size: 2 Softgels • Servings per container: 50

Amount % Daily Per Serving Value			Amount % Daily Per Serving Value		
Vitamin A (as 40% Beta Carotene, 30% Retinyl Palmitate)	3500 IU	70%	Biotin	30 mcg	10%
Vitamin C (as Ascorbic Acid)	30 mg	50%	Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Vitamin D (as Cholecalciferol)	400 IU	100%	Iron (as Ferrous Glycinate)	29 mg	161%
Vitamin E (as d-alpha Tocopherol)	15 IU	50%	Iodine (as Potassium Iodide)	150 mcg	100%
Vitamin K (as Phytonadione)	60 mcg	75%	Magnesium (as Magnesium Oxide)	200 mg	50%
Thiamin (Vitamin B1) (as Thiamine HCl)	1.6 mg	107%	Zinc (as Zinc Amino Acid Chelate)	15 mg	100%
Riboflavin (Vitamin B2)	1.7 mg	100%	Selenium (as L-Selenomethionine)	70 mcg	100%
Niacin (as Niacinamide)	20 mg	100%	Copper (as Copper Amino Acid Chelate)	1 mg	50%
Vitamin B6 (as Pyridoxine HCl)	2 mg	100%	Chromium (as Chromium Picolinate)	70 mcg	58%
Folic Acid	800 mcg	200%	Molybdenum (as Molybdenum Chelate)	60 mcg	80%
Vitamin B12 (as Cyanocobalamin)	6 mcg	100%	Fish Oil (30% omega 3 fatty acids (EPA/DHA))	500 mg	*
			*Daily Value not established		

Other Ingredients: Sunflower lecithin, beeswax, safflower oil, caramel, St. John's bread, gelatin, and vanillin (synthetic). **Contains: Soy, Fish (anchovy, sardine)**

Suggested Use: (Adult) As a dietary supplement take two (2) softgels daily with food.

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.