

Formulated by World Renowned
Experts in Reproductive Endocrinology,
Urology and Nutrition.

Contains essential vitamins, minerals and
organics targeting known deficiencies leading
to decreased fertility including oxidation,
uterine health and hormonal imbalance.

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



WARNING: Not for use by humans under 18
years old. Do not use if safety seal is broken.

ESSENTIAL BEGINNINGS

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ESSENTIAL BEGINNINGS™

PHYSICIANS' FORMULA



PRE-CONCEPTION
FOR HER
DIETARY SUPPLEMENT
120 tablets

SUGGESTED USE: Take two tablets two times
daily for at least 90 days prior to conception.

Supplement Facts		
Serving Size: 4 tablets	Amt. per Serv.	% Daily Value
Servings Per Container: 30		
Vitamin A (Beta Carotene)	5000.00 IU	100.00
Vitamin C (as Calcium Ascorbate)	120.00 mg	200.00
Vitamin D3 (Cholecalciferol)	1000.00 IU	250.00
Vitamin E (as d-alpha Tocopheryl Succinate)	100.00 IU	333.33
Vitamin K (as Phyloquinone 1% Trituration on DCP)	100.00 mcg	125.00
Vitamin B1 (as Thiamine HCL)	4.00 mg	266.67
Vitamin B-2 (as Riboflavin 5' Phosphate)	5.00 mg	294.12
Vitamin B-3 (as Niacinamide)	30.00 mg	150.00
Vitamin B-6 (as Pyridoxal 5' Phosphate)	10.00 mg	500.00
Folinic Acid (as Calcium Folate)	1.00 mg	250.00
Vitamin B-12 (as Methylcobalamin)	60.00 mcg	1000.00
Biotin (as Biotin 1% Trituration on DCP)	300.00 mcg	100.00
Vitamin B-5 (as Calcium Pantothenate)	10.00 mg	100.00
Calcium (as Calcium Citrate Malate)	300.00 mcg	30.00
Iron (as Iron Amino Acid Chelate)	28.00 mg	155.56
Iodine (as Potassium Iodide 1% Trituration on DCP)	150.00 mcg	100.00
Magnesium (as Magnesium Citrate)	200.00 mg	50.00
Zinc (as Zinc Glycinate)	25.00 mg	166.67
Selenium (as Selenomethionine)	100.00 mcg	142.86
Copper (as Copper Glycinate)	2.00 mg	100.00
Manganese (as Manganese Glycinate)	1.00 mg	50.00
Chromium (as Chromium Polynicotinate)	100.00 mcg	83.33
Molybdenum (as Molybdenum Aspartate)	75.00 mcg	100.00
Proprietary Maca Root Blend	810.00 mcg	
Maca Extract 4:1, Choline (as Choline Bitartrate), Inositol		
*Daily Value not established.		

Other ingredients: Microcrystalline Cellulose, Croscarmellose Sodium, Stearic Acid, Dicalcium Phosphate, Methylcellulose, Magnesium Stearate, Ethylcellulose, Silicon Dioxide, Hydroxypropylcellulose, and Glycerin.

Directions: As a dietary supplement take four (4) tablets daily.
PATENT PENDING