

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

Contains essential vitamins and minerals
promoting full fetal development by
targeting known nutritional deficiencies
leading to poor obstetric outcome.

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
www.essbeg.com



ESSENTIAL BEGINNINGS™

PHYSICIANS' FORMULA



PRE-NATAL

DIETARY SUPPLEMENT
120 TABLETS

SUGGESTED USE: Take two tablets, two times
daily during pregnancy.

Supplement Facts		
Serving Size 4 Tablets Servings Per Container: 30	Amt. Per Serv.	% Daily Value
Vitamin A (as Beta Carotene)	4000.00 I.U.	80.00
Vitamin C (as Calcium Ascorbate)	150.00 mg	250.00
Vitamin D3 (Cholecalciferol)	2000.00 I.U.	500.00
Vitamin E (as d-alpha Tocopheryl Succinate)	100.00 I.U.	333.33
Vitamin K (as Phyloquinone 1% Trituration on DCP)	100.00 mcg	125.00
Vitamin B-1 (as Thiamine HCL)	3.00 mg	200.00
Vitamin B-2 (as Riboflavin 5' Phosphate)	4.00 mg	235.29
Vitamin B-3 (as Niacinamide)	30.00 mg	150.00
Vitamin B-6 (as Pyridoxal 5' Phosphate)	50.00 mg	2500.00
Vitamin B-12 (as Methylcobalamin)	20.00 mcg	333.33
Biotin (as Biotin 1% Trituration on DCP)	300.00 mcg	100.00
Vitamin B-5 (as Calcium Pantothenate)	20.00 mg	200.00
Calcium (as Calcium Phosphate)	256.84 mg	25.68
Iron (as Ferrochel)	27.00 mg	150.00
Iodine (as Potassium Iodide 1% Trituration on DCP)	220.00 mcg	146.67
Magnesium (as Magnesium Citrate)	300.00 mg	75.00
Zinc (as Zinc Glycinate)	25.00 mg	166.67
Selenium (as Selenomethionine)	200.00 mcg	285.71
Copper (as Copper Glycinate)	2.00 mg	100.00
Manganese (as Manganese Glycinate)	2.00 mg	100.00
Chromium (as Chromium Polynicotinate)	100.00 mcg	83.33
Molybdenum (as Molybdenum Aspartate)	50.00 mcg	66.67
Choline (from Choline Bitartrate)	10.00 mg	*
Boron (as Boron Citrate)	1.00 mg	*
Folinic Acid (as Calcium Folate)	1.00 mg	*
*Daily Value not established.		

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