

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

A comprehensive multivitamin and mineral
supplement designed to help lactating women
meet their increased nutritional needs.

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



BREAST-FEEDING
DIETARY SUPPLEMENT
120 tablets

SUGGESTED USE: Take two tablets, two times
daily while lactating.

Supplement Facts		
Serving Size: 4 tablets		
Servings Per Container: 30		
	Amt. per Serv.	% Daily Value
Each 4 tablets contain:		
Vitamin A (Beta Carotene)	4000 IU	185
Vitamin B1 (Thiamine HCl)	25 mg	1785
Vitamin B2 (Riboflavin 5' Phosphate)	25 mg	1562
Vitamin B3 (Niacinamide)	30 mg	176
Vitamin B6 (Pyridoxal 5' Phosphate)	25 mg	1250
Vitamin B12 (Methylcobalamin)	1000 mcg	35,714
Pantothenic Acid	20 mg	285
Biotin USP	300 mcg	857
Vitamin C (Calcium Ascorbate)	150 mg	125
Vitamin D3 (Cholecalciferol)	2000 IU	500
Folic Acid	600 mcg	120
Vitamin E (D-Alpha Toc Succinate, Mixed Tocopherols)	100 IU	386
Vitamin K (Phytonadione)	100 mcg	111
Calcium (Citrate/Malate)	300 mg	30
Chromium (Polynicotinate)	100 mcg	222
Copper (Glycinate)	2 mg	153
Iron (Amino Acid Chelate)	18 mg	200
Iodine (Potassium Iodide)	150 mcg	52
Magnesium (Citrate)	200 mg	64
Manganese (Glycinate)	2.6 mg	100
Molybdenum (Aspartate)	50 mcg	100
Selenium (Selenomethionine)	200 mcg	285
Zinc (Glycinate)	15 mg	125

*Daily Value not established.

Other Ingredients (in descending order by weight): Powdered Cellulose, Hydroxypropyl Methylcellulose, Silicon Dioxide, Vegetable Stearic Acid, Croscarmellose Sodium, Titanium Dioxide, Chlorophyll, Vegetable Magnesium Stearate

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