

NEXT CENTURY NUTRITION™



- Tiny tablet, easy to swallow
- Essential nutrients for Mother & Baby
- Now only 2 tablets a day
- Take with a Freeda Calcium supplement



- No Gluten
- No Lactose
- No Artificial Colors
- No Artificial Flavors
- No Animal Derivatives
- No Sugar or Starch
- No Gelatin
- No Yeast

### Questions? Comments?

Please contact us at 1-800-777-3737  
Manufactured for:

**Freeda Health** / Brooklyn, NY 11210  
[www.freedahealth.com](http://www.freedahealth.com)



# FREEDA®

SINCE

1928



## Mini Prenatal

WOMENS HEALTH



Tiny Tablet, Easy to Swallow

120 TABLETS

DIETARY SUPPLEMENT

## Supplement Facts

Serving Size: 2 Coated Tablets  
Servings Per Container: 60

| Amount Per Serving                                   | % Daily Value for Pregnant and Lactating Women |      |
|------------------------------------------------------|------------------------------------------------|------|
| Vitamin A (as retinyl palmitate) (2000 IU)           | 600 mcg                                        | 46%  |
| Vitamin C (as calcium ascorbate)                     | 100 mg                                         | 83%  |
| Vitamin D (as ergocalciferol) (800 IU)               | 20 mcg                                         | 133% |
| Vitamin E (as d-alpha tocopheryl succinate) (15 IU)  | 10 mg                                          | 53%  |
| Thiamin (vitamin B1) (as thiamin HCl)                | 2 mg                                           | 143% |
| Riboflavin (vitamin B2)                              | 3 mg                                           | 188% |
| Niacin (as niacinamide)                              | 20 mg                                          | 111% |
| Vitamin B6 (as pyridoxine HCl)                       | 3 mg                                           | 150% |
| Folate (as 800 mcg folic acid)                       | 1334 mcg DFE                                   | 222% |
| Vitamin B12 (as methylcobalamin)                     | 10 mcg                                         | 357% |
| Biotin                                               | 100 mcg                                        | 286% |
| Pantothenic acid (as d-calcium pantothenate)         | 10 mg                                          | 143% |
| Calcium (as calcium ascorbate and calcium carbonate) | 20 mg                                          | 2%   |
| Iron (as ferrous fumarate)                           | 27 mg                                          | 100% |
| Magnesium (as magnesium oxide)                       | 10 mg                                          | 3%   |
| Zinc (as zinc citrate)                               | 15 mg                                          | 115% |
| Copper (as copper gluconate)                         | 1 mg                                           | 77%  |
| Manganese (as manganese gluconate)                   | 1 mg                                           | 38%  |

Other ingredients: Microcrystalline cellulose, calcium phosphate, vegetable magnesium stearate, vegetable glycerin coating, silica, croscarmellose sodium, stearic acid.

**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. Store in a cool, dry place.

ITEM 0350-1