

**SUGGESTED USE:** Take 1 capsule daily with a meal.

**CAUTION:** If you are pregnant, nursing, have any health condition or are taking any medications, consult your healthcare practitioner before using this product. Store in a cool, dry place. Do not use this product if the safety seal on the bottle is broken.

**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.



GUARANTEED PREMIUM QUALITY



#13699 • E19

Dietary  
Supplement

**30**  
Vegetarian  
Capsules

## Supplement Facts

Serving Size: 1 Vegetarian Capsule  
Servings per Container: 30

Amount Per Serving	% Daily Value for Pregnant Women	Amount Per Serving	% Daily Value for Pregnant Women
Vitamin C (as ascorbic acid)	120 mg 100%	Vitamin B12 (as cyanocobalamin)	12 mcg 429%
Vitamin D3 (as cholecalciferol)	10 mcg 67%	Biotin (as d-biotin)	30 mcg 86%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg 105%	Pantothenic Acid	7 mg 100%
Thiamin (as thiamine HCl)	3 mg 214%	Calcium (as calcium carbonate)	150 mg 12%
Riboflavin	4 mg 250%	Iron (as ferrous bis-glycinate chelate)	18 mg 100%
Niacin	20 mg NE 111%	Magnesium (as magnesium oxide)	25 mg 6%
Vitamin B6 (as pyridoxine HCl)	25 mg 1250%	Zinc (as zinc oxide)	25 mg 192%
Folate (800 mcg of folic acid)	1334 mcg DFE 222%	Copper (as copper sulfate)	2 mg 154%

**OTHER INGREDIENTS:** HYDROXYPROPYL METHYLCELLULOSE, VEGETABLE MAGNESIUM STEARATE, SILICON DIOXIDE.

[www.newton-everett.com](http://www.newton-everett.com)

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