

Choline (as Choline Bitartrate) 25 mg	5%	5%
Calcium (as Calcium Citrate) 25 mg	2%	2%
Iron (as Fe Bisglycinate) 18 mg	100%	67%
Iodine (from Kelp) 150 mcg	100%	52%
Magnesium (as Mg Oxide) 50 mg	12%	13%
Zinc (as Zn Citrate) 15 mg	136%	115%
Selenium (as Selenomethionine) 100 mcg	182%	143%
Copper (as Copper Bisglycinate Chelate) (TRAACS®) 1 mg	111%	77%
Manganese (as Manganese Bisglycinate Chelate) (TRAACS®) 2 mg	87%	77%
Chromium (as Cr Polymicronate) 100 mcg	286%	222%
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS®) 75 mcg	167%	150%
Lactobacillus rhamnosus 200 mg		
Ginger (Zingiber officinale) Root 4:1 Extract 50 mg		
Inositol 10 mg		

*Daily Value not established.

Other Ingredients: vegetable cellulose (capsule), microcrystalline cellulose, vegetarian leucine. Color of this product may vary due to color variations of the natural ingredients.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Keep out of reach of children. Store in a cool, dry place.

Distributed by
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BodSmith

Perfection Prenatal

A Dietary Supplement



Gluten Free
60 Vegetarian Capsules

Suggested Use: As a dietary supplement, take 2 capsules daily, or as directed by your healthcare practitioner.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

Amount Per Serving	Adults & Children 4+ %DV	Pregnant & Lactating Women %DV
Vitamin A (as Beta Carotene & Retinyl Palmitate) 1,200 mcg	133%	92%
Vitamin C (as Ascorbic Acid) 60 mg	67%	50%
Vitamin D3 (as Cholecalciferol) 30 mcg (1,200 IU)	150%	200%
Vitamin E (as d-alpha tocopheryl succinate) 20.1 mg	134%	106%
Vitamin K1 (as Phytonadione) 80 mcg	67%	89%
Vitamin K2 (as Menaquinone-7) 25 mcg	21%	28%
Thiamin (as Thiamin HCl) 10 mg	833%	714%
Riboflavin 10 mg	769%	625%
Niacin (as Niacinamide) 20 mg	125%	111%
Vitamin B6 (as Pyridoxal-5-Phosphate) 15 mg	882%	750%
Folate (as [6S]-5-methyltetrahydrofolic acid, glucosamine salt) 540 mcg DFE	135%	90%
Vitamin B12 (as Methylcobalamin) 100 mcg	4,167%	3,571%
Biotin 300 mcg	1,000%	857%
Pantothenic Acid (as Ca d-Pantothenate) 10 mg	200%	143%

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