



# CHEWABLE PRENATAL TABLETS

Dietary Supplement

Designed to provide nutritional  
support during pregnancy\*

173

200 Tablets

WOMENS  
HEALTH

EST  
1960

## Supplement Facts

Serving Size 1 Chewable Tablet

Amount Per Serving	% Daily Value For Pregnant and Lactating Women	
Vitamin A (as Vitamin A Palmitate)	2000 IU	25%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D3 (as Cholecalciferol)	200 IU	50%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	15 IU	50%
Vitamin B1 (as Thiamine Mononitrate)	1 mg	59%
Vitamin B2 (as Riboflavin)	1 mg	50%
Niacin (Vitamin B3) (as Niacinamide)	10 mg	50%
Vitamin B6 (as Pyridoxine HCl)	2.5 mg	100%
Folate (as Folic Acid)	400 mcg	50%
Vitamin B12 (as Cyanocobalamin)	75 mcg	94%
Biotin	25 mcg	8%
Pantothenic acid (as D-Calcium Pantothenate)	5 mg	50%
Calcium (as Calcium Carbonate)	125 mg	10%
Iron (as Ferronyl® Carbonyl Iron)	25 mg	139%
Iodine (from Atlantic Kelp)	75 mcg	50%
Magnesium (as Magnesium Hydroxide)	50 mg	11%
Zinc (as Zinc Glycinate Chelate)	10 mg	67%
Copper (as Copper Glycinate Chelate)	0.5 mg	25%
Manganese (as Manganese Glycinate Chelate)	1 mg	50%**
Chromium (as Chromium Nicotinate Glycinate Chelate)	12.5 mcg	10%**

\*\* Daily Value for Pregnant and Lactating Women not established.  
These values are for adults.

**Other Ingredients:** Fructose, sucrose, mannitol, magnesium stearate, gelatin, citric acid, silicon dioxide, natural orange flavor, sorbic acid, stearic acid.

**Contains Soy.**

**Directions:** As a dietary supplement for pregnant and lactating women 1 chewable tablet two times daily with a meal or as directed by a health professional.

**WARNING:** Consult a healthcare professional before taking this product if you are pregnant or nursing.

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 at room temperature.  
Protect from light.  
Keep out of reach of children.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Made in USA

For Information Call  
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