



One 'n' Only™ PRENATAL

ONE-DAILY
WHOLE FOOD BASED MULTIVITAMIN
OVER 7,100 MG WHOLE FOOD VALUE
COMPLETE PRENATAL NUTRITION*

30 TABLETS | 30 SERVINGS

DIETARY
SUPPLEMENT

Supplement Facts

Serving Size: 1 Tablet

Amount Per Serving	%DV for Pregnant and Lactating Women
Vitamin A (as beta carotene) (6000 IU).....	3600 mcg ...277%
Vitamin C (as ascorbic acid).....	100 mg83%
Vitamin D3 (as VitaShine™ vegan cholecalciferol) (800 IU).....	20 mcg133%
Vitamin E (as d-alpha tocopheryl succinate) (100 IU).....	83 mg437%
Vitamin K2 (as menaquinone-7)(VitaMK7®).....	70 mcg78%
Thiamine (Vitamin B1) (as thiamine mononitrate).....	10.5 mg747%
Riboflavin (Vitamin B2) (as riboflavin, riboflavin 5-phosphate).....	12 mg750%
Niacin (as niacin, niacinamide).....	30 mg167%
Vitamin B6 (as pyridoxine HCl, pyridoxyl-5-phosphate).....	15.5 mg775%
Folate (as L-5-Methyltetrahydrofolate).....	600 mcg100%
Vitamin B12 (as methylcobalamin).....	48 mcg1714%
Biotin (as d-biotin).....	300 mcg857%
Pantothenic acid (as d-calcium pantothenate, pantothenic acid).....	15 mg214%
Iron (as Iron bis-glycinate).....	20 mg74%
Iodine (from North Atlantic kelp).....	150 mcg52%
Magnesium (as Magnesium oxide, citrate).....	10 mg3%
Zinc (as Zinc lactate).....	11.3 mg87%
Selenium (as Selenium l-methyl selenocysteine).....	70 mcg100%
Copper (as Copper sebacate).....	1 mg77%
Manganese (as Manganese citrate).....	1.5 mg58%

Amount Per Serving	%DV for Pregnant and Lactating Women
Chromium (as Chromium polynicotinate).....	120 mcg267%
Molybdenum (as Molybdenum glycinate).....	75 mcg150%
Potassium (as Potassium citrate).....	10 mg<2%
SuperFood Complex	545 mg *
Chlorella, Organic Spirulina, Organic Oat Grass juice extract, Organic North Atlantic kelp (stem and leaf), Organic Quinoa (sprouts), Organic Red Clover (sprouts), Sodium copper chlorophyllin	
Herbal Extracts	200 mg *
Ginger extract (root), Stinging nettle extract (leaf), Raspberry extract (leaf), Aloe vera extract (leaf)	
Co-Nutrients	65 mg *
Mixed tocopherol complex, Inositol, Sunflower lecithin (source of phosphatidylcholine)	
Fruit Extracts	40 mg *
Mangosteen fruit extract, Grape, Cranberry, Blueberry, Pomegranate, Apple, Bilberry, Blackberry, Raspberry and Strawberry fruit extract blend	
Bioflavonoids	30 mg *
Hesperidin (from citrus sinensis), Quercetin (from Japanese Sophora bud extract), Organic Rutin extract (from Sophora japonica L. bud)	
Digestive Aids/Enzymes	17 mg *
Protease, Amylase, Cellulase, Lactase, Lipase, Invertase, Black pepper fruit extract (BioPerine®)	
Minerals	10.5 mg *
Organic Bamboo extract (stem and leaf), Boron (as Boron glycinate), Vanadium (as Vanadium glycinate)	

*Daily Value (DV) not established.

Other Ingredients:
cellulose, stearic acid, silicon dioxide, croscarmellose sodium, l-leucine

Formulated & Distributed By:
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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.



Requiring just one a day for superb gestational support, One 'n' Only™ Prenatal is fortified with vast levels of whole food nutrition – the absolute best kind for both you and your baby. Its premium vitamins, minerals, SuperFoods, supportive herbs and other factors provide you with the most complete one-daily prenatal system you'll find anywhere.*

Suggested Use: One tablet daily. May be taken with a meal or on an empty stomach.

Storage: Keep closed in a cool, dry place.

Caution: Keep all supplements out of children's reach.

Does NOT Contain: wheat, milk, tree nuts, peanuts, soy, eggs, fish, shellfish

* 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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EXPIRATION & LOT #

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