

4 DAILY

Clinical



Lifestyles

120 TABLETS

1,000 mcg Folic Acid for  
Pregnant & Lactating Women

Prenatal Formula  
DIETARY SUPPLEMENT

# VITA MOM™

Since



1932



**WARNING:** Do not use if safety seal is broken or missing. Keep out of reach of children. Keep your licensed health care practitioner informed when using this product. Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. In case of accidental overdose, call a doctor or poison control center immediately.

**Directions:** Use only as directed. Before, during and after pregnancy, take 4 tablets daily with a meal or a glass of water. Store in a cool, dry place.

## Supplement Facts

Serving Size 4 Tablets  
Servings Per Container 30

	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
<b>Calories</b>	10			
<b>Total Carbohydrate</b>	<1 g	<1%†	Iron (as Iron Fumarate)	25 mg 139%
Vitamin A (from Retinyl Palmitate and 70% as Natural Beta Carotene)	7,000 IU	140%	Iodine (as Kelp)	90 mcg 60%
Vitamin C (as Ascorbic Acid)	200 mg	333%	Magnesium (as Magnesium Oxide)	400 mg 100%
Vitamin D-3 (as Cholecalciferol)	400 IU	100%	Zinc (as Zinc Amino Acid Chelate)	25 mg 167%
Vitamin E (as 100% Natural Source d-Alpha Tocopherol Succinate)	200 IU	667%	Selenium (as Selenomethionine)	70 mcg 100%
Thiamine (as Thiamine HCl) (B-1)	7.5 mg	500%	Copper (as Copper Amino Acid Chelate)	3 mg 150%
Riboflavin (B-2)	8.5 mg	500%	Manganese (as Manganese Amino Acid Chelate)	7 mg 350%
Niacin (as Niacinamide) (B-3)	100 mg	500%	Chromium (as Chromium Polynicotinate [ChromeMate™])	200 mcg 167%
Vitamin B-6 (as Pyridoxine HCl)	10 mg	500%	Sodium	<1 mg <1%
Folate (as Folic Acid)	1,000 mcg	250%	Taurine	100 mg *
Vitamin B-12 (as Cyanocobalamin)	90 mcg	1,500%	Bioflavonoid Complex (from Lemon [Citrus limonium])	20 mg *
Biotin	300 mcg	100%	Peppermint (Mentha x piperita) (aerial)	15 mg *
Pantothenic Acid (as Calcium Pantothenate)	50 mg	500%	Red Raspberry (Rubus idaeus) (leaf)	10 mg *
Calcium (as Calcium Carbonate)	1,000 mg	100%	Ginger (Zingiber officinale) (root extract)	10 mg *

†Percent Daily Value based on a 2,000 calorie diet

\*Daily Value not established.

**Other Ingredients:** Cellulose, Stearic Acid, Maltodextrin, Acacia, Silica and Magnesium Stearate.

**Discussion:** Vita Mom™ is intended to provide optimal nutritive support for pregnant and lactating women.

**KAL Guarantees** that NO ingredients other than those listed on this label have been added to this product.

Clinical Lifestyles™ formulas are based on the observation and research of healthcare practitioners and scientists.

ActivTab™ technology guarantees tablet disintegration within 30 minutes according to USP standards.

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Comments or Questions:

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