

care/of

Prenatal

Essential vitamins and
minerals for mom and baby

90 TABLETS, 30 DAY SUPPLY
MULTIVITAMIN SUPPLEMENT

Suggested use:

Adults, take three tablets daily with water and food.

Supplement Facts

Servings: 30, Serv. Size 3 Tablets, Amount Per Serving: Vitamin A (as Beta Carotene) 190mcg (15%DV†), Vitamin C (as Calcium Ascorbate) 20mg (17%DV†), Vitamin D3 (Cholecalciferol) 25mcg (1,000IU) (167%DV†), Vitamin E (as d-alpha tocopherol) 5mg (26%DV†), Vitamin B6 (as Pyridoxal-5-Phosphate) 1.9mg (95%DV†), Folate (as L-5-Methyltetrahydrofolate) 600mcg DFE (360mcg L-methylfolate) (100%DV†), Vitamin B12 (as Methylcobalamin) 2.6mcg (93%DV†), Biotin 35mcg (100%DV†), Pantothenic Acid (as D-Calcium Pantothenate) 3mg (43%DV†), Choline (as Choline Bitartrate) 250mg (45%DV†), Calcium (from Calcareous Marine Algae) (Lithothamnium sp.) whole plant 225mg (17%DV†), Iron (as Ferrous Bisglycinate Chelate) (Ferrochel™) 18mg (67%DV†), Iodine (Rice Protein Chelate) 150mcg (52%DV†), Magnesium (as Magnesium Hydroxide from seawater) 100mg (25%DV†), Zinc (Rice Protein Chelate) 6.5mg (50%DV†), Selenium (as L-Selenomethionine) 35mcg (50%DV†), Copper (Rice Protein Chelate) 0.5mg (38%DV†), Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™) 15mcg (33%DV†), Potassium (as Potassium Citrate) 75mg (1%DV†), Silica (from Bamboo extract) (Bambusa vulgaris) stem and leaf 20mg*, Boron (Rice Protein Chelate) 2mg*, Mixed Tocopherols (d-beta, d-gamma, d-delta tocopherol) 1.35mg*, Vitamin K2 (as menaquinone-7 from natto) 45mcg*. †Daily Value (DV) for pregnant or lactating women. *Daily Value (DV) not established.

Other Ingredients: Gum Blend (Guar Gum, Acacia, Agave Fiber, Rice Hulls, Agave Syrup), Cocoa Powder (Processed with Alkali) (color), Rice Extract, Rice Extract Blend (Rice Extract, Rice Hulls, Acacia, Sunflower Oil), Guar Gum, Rice Hulls, Film Coating (Hydroxypropylmethylcellulose, Glycerin), Natural Flavors, Mixed tocopherols (to preserve freshness)

*Ferrochel™ and TRAACS™ are trademarks of Albion Laboratories, Inc. U.S. Patent 7,838,042.

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.

For adults only. Consult physician if pregnant/nursing, taking medications, or have a medical condition. Keep out of reach of children.

Do not use if packet seal is torn broken.

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