



Bottle made from 100% post consumer recycled material.



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**Recommended Use:** Take 1 tablet daily with a meal.

\*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.

Healthful diets with adequate folate may reduce a woman's risk of having a child with brain or spinal cord birth defects.\*

Contains essential micronutrients needed for energy and metabolism during pregnancy and lactation, including 800 mcg of folic acid (deficiencies are linked to neural tube defects).\*

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

Do not use if inner seal is missing or damaged.

# Nature's Prenatal<sup>®</sup>



## GENERAL NUTRITION SUPPORT\*

*Nutritional Vitamin & Mineral Blend  
Support for Pregnant & Lactating Women\**

Dietary Supplement  
**120 TABLETS**



## Supplement Facts

Serving Size 1 Tablet  
Servings Per Container 120

Amount Per 1 Tablet	% Daily Value
Vitamin A (beta-carotene)	1500 mcg 115%
Vitamin C (ascorbic acid)	70 mg 58%
Vitamin D <sub>3</sub> (cholecalciferol)	10 mcg 67%
Vitamin E (d-alpha tocopheryl acetate)	22 mg 116%
Thiamin (B <sub>1</sub> , mononitrate)	3 mg 214%
Riboflavin (B <sub>2</sub> )	3 mg 188%
Niacin (niacinamide)	17 mg 94%
Vitamin B <sub>6</sub> (pyridoxine hydrochloride)	3 mg 150%
Folate	1333 mcg DFE 222% (800mcg folic acid)
Vitamin B <sub>12</sub> (cyanocobalamin)	5 mcg 179%
Biotin	30 mcg 86%
Pantothenic acid (d-calcium pantothenate)	5 mg 71%
Iron (ferrous fumarate)	27 mg 100%
Iodine (potassium iodide)	75 mcg 26%
Magnesium (oxide)	75 mg 19%
Zinc (gluconate)	7 mg 54%
Copper (gluconate)	1 mg 77%

†Daily Value for pregnant or lactating women.

Other Ingredients: Dicalcium phosphate, cellulose, vegetable stearic acid, ginger rhizome (*Zingiber officinale*), and vegetable magnesium stearate.



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