

NEXT CENTURY NUTRITION™



- Essential Nutrients for Mother & Baby
- Only one tablet a day
- Take with a Freeda Calcium supplement



- No Gluten
- No Lactose
- No Artificial Colors
- No Artificial Flavors
- No Animal Derivatives
- No Sugar or Starch
- No Gelatin
- No Yeast

Questions? Comments?

Please contact us at 1-800-777-3737
Manufactured by:

Freeda Health / Brooklyn, NY 11210
www.freedahealth.com



FREEDA®

SINCE 1928



Prenatal One Daily

PRENATAL



Essential Nutrients for Mother & Baby

250 TABLETS
**VITAMIN AND MINERAL
SUPPLEMENT**

Supplement Facts

Serving Size: 1 Coated Tablet

	Amount Per Tablet	% Daily Value for Pregnant and Lactating Women
Vitamin A (as retinyl palmitate) (2000 IU)	600 mcg	46%
Vitamin C (as calcium ascorbate)	100 mg	83%
Vitamin D (as ergocalciferol) (800 IU)	20 mcg	133%
Vitamin E (as d-alpha tocopheryl succinate) (15 IU)	10 mg	53%
Thiamin (vitamin B1) (as thiamin HCl)	2 mg	143%
Riboflavin (vitamin B2)	3 mg	188%
Niacin (as niacinamide)	20 mg	111%
Vitamin B6 (as pyridoxine HCl)	3 mg	150%
Folate (as 800 mcg folic acid)	1334 mcg DFE	222%
Vitamin B12 (as methylcobalamin)	10 mcg	357%
Biotin	300 mcg	857%
Pantothenic acid (as d-calcium pantothenate)	10 mg	143%
Choline (as choline citrate)	10 mg	2%
Calcium (as calcium carbonate & calcium ascorbate)	200 mg	15%
Iron (as ferrous fumarate)	27 mg	100%
Iodine (as potassium iodide)	150 mcg	52%
Magnesium (as magnesium oxide)	60 mg	15%
Zinc (as zinc citrate)	15 mg	115%
Copper (as copper gluconate)	2 mg	154%
Manganese (as manganese gluconate)	1 mg	38%

Other ingredients: Microcrystalline cellulose, vegetable magnesium stearate, vegetable glycerin coating, silica, croscarmellose sodium, stearic acid.

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. Store in a cool, dry place.