NEXT CENTURY NUTRITION™

SINCE

Suggested use:

lactating women,

take one (1) tablet daily, preferably

with food and drink.

Pregnant and

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

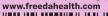
VEGAN

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

Ouestions? Comments?

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

Freeda Health / Brooklyn, NY 11210





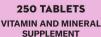












RREEDA

SINCE 1928

Prenatal

One Daily DRENATA/



Supplement Facts

Serving Size: 1 Coated Tablet

	Amount Per Tablet	% Daily Value for Pregna and Lactating Wom
Vitamin A (as retinyl palmitate) (2000 IU)	600 mcg	469
Vitamin C (as calcium ascorbate)	100 mg	839
Vitamin D (as ergocalciferol) (800 IU)	20 mcg	1339
Vitamin E (as d-alpha tocopheryl succinate) (15 IU)	10 mg	539
Thiamin (vitamin B1) (as thiamin HCI)	2 mg	1439
Riboflavin (vitamin B2)	3 mg	1889
Niacin (as niacinamide)	20 mg	1119
Vitamin B6 (as pyridoxine HCI)	3 mg	1509
Folate (as 800 mcg folic acid)	1334 mcg DFE	2229
Vitamin B12 (as methylcobalamin)	10 mcg	3579
Biotin	300 mcg	8579
Pantothenic acid (as d-calcium pantothenate)	10 mg	1439
Choline (as choline citrate)	10 mg	29
Calcium (as calcium carbonate & calcium ascorbate)	200 mg	159
Iron (as ferrous fumarate)	27 mg	1009
lodine (as potassium iodide)	150 mcg	529
Magnesium (as magnesium oxide)	60 mg	159
Zinc (as zinc citrate)	15 mg	1159
Copper (as copper gluconate)	2 mg	1549
Manganese (as manganese gluconate)	1 mg	389

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.