

21ST
CENTURY®

prenatal

Multivitamin/Mineral + **DHA**



**For Use Before, During
& After Pregnancy**

With Folic Acid & Iron

2 Step:

**60 Tablets
60 Softgels**

Dietary Supplement

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving	% Daily Value	
Vitamin A (100% as Beta-Carotene)	1,200 mcg	92%
Vitamin C (as Ascorbic Acid)	120 mg	100%
Vitamin D ₃ (as Cholecalciferol)	10 mcg (400 IU)	67%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	13.5 mg	71%
Thiamin (as Thiamin Mononitrate)	1.8 mg	129%
Riboflavin (Vitamin B-2)	1.7 mg	106%
Niacin (as Niacinamide)	20 mg	111%
Vitamin B-6 (as Pyridoxine HCl)	2.6 mg	130%
Folate	1,334 mcg DFE 222% (800 mcg Folic Acid)	
Vitamin B-12 (as Cyanocobalamin)	8 mcg	286%
Calcium (as Calcium Carbonate & Dicalcium Phosphate)	200 mg	15%
Iron (as Ferrous Fumarate)	28 mg	104%
Zinc (as Zinc Oxide)	25 mg	192%

Other Ingredients: Cellulose, Starch, Stearic Acid, Maltodextrin. **Contains <2% of:** Artificial Colors (FD&C Blue #2 Carmine, FD&C Red #40, FD&C Yellow #6), Ascorbyl Palmitate, BHA, BHT, Croscarmellose Sodium, dl-Alpha Tocopherol, Gelatin, Gum Arabic, Hydroxypropyl Methylcellulose, Magnesium Silicate, Magnesium Stearate, PEG, Polyvinyl Alcohol, Silicon Dioxide, Sodium Aluminosilicate, Sucrose, Titanium Dioxide, Vegetable Oil, Water.

ACTUAL SIZE

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	% Daily Value	
Total Fat	0.5 g	1% [†]
DHA	200 mg	**
(docosahexaenoic acid from <i>Schizochytrium sp. oil</i>)		

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

** Daily Value not established.

Other Ingredients: High Oleic Sunflower Oil, Mixed Tocopherols (Vitamin E, Antioxidant), Rosemary Extract, Sunflower Lecithin, Ascorbyl Palmitate (Vitamin C, Antioxidant), in a Gelatin Capsule (Gelatin, Glycerin, Water, Annatto, FD&C Red #40).

ACTUAL SIZE

Proudly Manufactured by
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