

21ST
CENTURY®

prenatal

Multivitamin/Mineral + DHA

For Use Before, During
& After Pregnancy

With Folic Acid & Iron



Dietary Supplement

2 Step:

60 Tablets
60 Softgels

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	200 mg 15% (as Calcium Carbonate & Dicalcium Phosphate)
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</i> sp. oil)

^a 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
21ST Century HealthCare, Inc.
2119 S. Wilson St., Tempe, AZ 85282 USA
21stcenturyvitamins.com
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