



ANCIENT
NUTRITION

ANCIENT MULTI

Prenatal

21 Vitamins and Minerals

Ancient Superfoods

Adaptogenic Herbs

Ginger Extract

Methylated Folate



WHOLE FOOD DIETARY

SUPPLEMENT | 90 CAPSULES

Suggested Use: Adults take 3 capsules per day with 8oz of water or your favorite beverage. Can be taken with or without food.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A (as 100% beta-carotene*)	2925 mcg	225%
Vitamin C*	60 mg	50%
Vitamin D*	25 mcg (1000IU)	167%
Vitamin E (as d-alpha tocopherol succinate)	24 mg	126%
Vitamin K (as menaquinone-7)	90 mcg	100%
Thiamin*	4 mg	286%
Riboflavin (as riboflavin-5 phosphate)	2.9 mg	181%
Niacin (as niacinamide*)	12 mg	67%
Vitamin B6 (as pyridoxal-5 phosphate)	7.9 mg	395%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	864 mcg DFE	144%
Vitamin B12 (as methylcobalamin)	6 mcg	214%
Biotin*	300 mcg	857%
Pantothenic acid*	10 mg	143%
Calcium (from organic eggshell)	56 mg	4%
Iron**	18 mg	67%
Iodine**	160 mcg	55%
Magnesium**	28 mg	7%
Zinc**	10 mg	77%
Selenium*	70 mcg	100%
Manganese*	1 mg	38%
Chromium*	120 mcg	267%
TCM Prenatal Blend	847 mg	+
Organic Ginger Root Extract, Chicken Bone Broth, Organic Cinnamon Bark Extract, Beef Bone Broth, Bovine Liver, Wild Hake Roe		

+ Daily Value (DV) not established.

Other ingredients: *Saccharomyces cerevisiae*, gelatin.

Contains: Egg, Hake. *Probiotic Fermented Nutrient **Enzyme Activated Mineral

(6S)-5-methyltetrahydrofolate, glucosamine salt is protected by **US Patent No. 7,947,662**

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.

Do not use if product has been opened or tampered with in any way.

CAUTION: As with any dietary supplement, consult your healthcare practitioner before using this product, especially if you are pregnant, nursing, or are otherwise under medical supervision. Store in a cool, dry place. Do not use if product has been opened or tampered with in any way. **Keep out of reach of children.** Contains no filler ingredients, artificial flavors, colors, sweeteners or preservatives.

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