

About One 'n' Only™ PreNatal Multiple

Prenatal nutrition is vital for both a mother and the child she carries, and the world's best nutrition is that found in whole foods. That's why One 'n' Only™ PreNatal Multiple provides over five times more whole food value than the nearest competitor, and a full 100 mg of 10:1 ginger juice extract to help with nausea and morning discomforts. Its whole foods contain countless phyto-nutrients that help every cell function at peak efficiency, so that you can be radiant in your pregnancy, and filled with vigor and energy. In short, One 'n' Only™ PreNatal Multiple is the finest one daily Prenatal ever offered.*

One 'n' Only™ PreNatal Multiple does not contain artificial colorings or flavorings, GMO's, sugar, yeast, dairy, gluten or wheat. It is suitable for vegetarians, and guaranteed to your complete satisfaction.

*This statement has not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure or prevent any disease.

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One 'n' Only™ PreNatal Multiple



World's Finest
One Daily
PreNatal

DIETARY SUPPLEMENT • 30 TABLETS

SUGGESTED USE: One tablet daily. May be taken with a meal or on an empty stomach.

Supplement Facts

Serving Size: 1 Tablet

Servings Per Container: 30

Ingredient	Amount Per Serving	%DV
Vitamin A (as 100% beta carotene)	6000 IU	75
Vitamin C (as ascorbic acid)	100 mg	167
Vitamin D ₃ (as cholecalciferol)	800 IU	320
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333
Vitamin B ₁ (as thiamin mononitrate & cocarboxylase)	10.2 mg	600
Vitamin B ₂ (as riboflavin & riboflavin 5-phosphate)	12 mg	600
Niacin (as niacin & niacinamide)	30 mg	150
Vitamin B ₆ (as pyridoxine HCl & pyridoxal-5-phosphate)	15 mg	600
Folate (as folic acid)	600 mcg	75
Vitamin B ₁₂ (as methylcobalamin)	48 mcg	600
Biotin (as d-biotin)	300 mcg	100
Pantothenic acid (as Ca pantothenate & pantothenol)	20 mg	200
Calcium (as Ca citrate, pantothenate)	10 mg	1
Iron (as bisglycinate)	20 mg	111
Iodine (from kelp)	150 mcg	100
Magnesium (as oxide, citrate)	10 mg	2
Zinc (as lactate)	11.25 mg	75
Copper (as stearate)	1 mg	50

*Daily Value not established.

Other Ingredients: Powdered Cellulose, Stearic Acid, Silicon Dioxide, Croscarmellose Sodium. **Storage:** Keep tightly closed at room temperature. **Caution:** Please keep all supplements out of children's reach. BioPerine® is a registered trademark of Sabinsa Corp.

Ingredient	Amount Per Serving	%DV
Proprietary SuperFood Base	517 mg	
Chlorella, 150 mg; Organic Spirulina, 150 mg; Organic Oat Grass Juice Extract 20:1, 100 mg; North Atlantic Kelp, 37.5 mg; Organic Quinoa Sprouts, 30 mg; Organic Red Clover Sprouts, 30 mg; Aloe Vera (200:1 Concentrate), 20 mg		
High ORAC Fruit Extracts	20 mg	
Strawberries, Blueberries, Blackberries, Cranberries, Grape, Pomegranate and Camu Camu Extracts (250:1)		
Proprietary Botanical Support Complex	240 mg	
Ginger Root Juice (10:1), 100 mg; Red Raspberry (4:1 Extract), 40 mg; Avena Sativa (4:1 Extract), 40 mg; Stinging Nettle Leaf (4:1 Extract), 40 mg; Rosehip Extract, 20 mg		
Additional Nutrients & Co-factors	123 mg	
Wheat Tocopherol Complex (20% Gamma Tocopherol), 25 mg; L-Glutamine, 20 mg; Phosphatidylcholine (38%), 20 mg; Inositol, 20 mg; Rutin (5:1), 10 mg; Gustin (Gastera japonica), 10 mg; Hesperidin (80%), 10 mg; Sodium Copper Chlorophyllin, 7.5 mg; Vitamin K (as Phytylquinone), 70 mcg		
Additional Minerals & Trace Elements	22 mg	
Potassium (as Citrate), 10 mg; Silica (from Bamboo), 10 mg; Manganese (as Oxide) 1.1 mg; Boron (as Glycinate) 500 mcg; Chromium (as Polynicotin-ate), 10 mcg; Molybdenum (as Glycinate), 75 mcg; Selenium (as L-Methyl Selenocysteine), 70 mcg; Vanadium (as Glycinate), 20 mcg		
Digestive Aids/Enzymes	17 mg	
Fruit Sorbent, Vegetarian, Digestive Plant Enzymes, 15 mg; BioPerine® (Piper nigrum Extract), 2 mg		

Estimated Whole Food Value: 13,900 mg

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.

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