



Supplement Facts

Serving Size 1 Caplet

		%Daily Value for Pregnant and Lactating Women	%Daily Value for Adult Women
Amount Per Serving			
Vitamin A (as Beta-Carotene)	4,000 IU	50%	80%
Vitamin C (as Ascorbic Acid)	120 mg	200%	200%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.8 mg	106%	120%
Riboflavin (Vitamin B-2)	1.7 mg	85%	100%
Niacin (as Niacinamide)	20 mg	100%	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 mg	104%	130%
Folic Acid	800 mcg	100%	200%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	100%	133%
Calcium (as Calcium Carbonate)	200 mg	15%	20%
Iron (as Ferrous Fumarate)	28 mg	156%	156%
Zinc (as Zinc Oxide)	25 mg	167%	167%

As a dietary supplement for adults, take one (1) caplet daily with the meal of your choice. Store at room temperature, tightly closed.

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