



POST-180-U-2003



Suggested Use: Take 3 capsules a day with a meal and a full glass of water. Capsules may be opened and powder added to food or drink.

Does NOT contain GMOs, soy, gluten, milk, eggs, fish, shellfish, tree nuts, peanuts, or preservatives. Suitable for vegans and vegetarians.

Caution: As with any dietary supplement, consult your healthcare practitioner before using this product. Store in a cool, dry place. Do not use if seal under the lid is broken or missing.

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.

Aquamin® is a registered trademark of Marigot Limited. TRAACS® is a registered trademark of Albion International, Inc.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Formulated and distributed by:
NATURELO Premium Supplements
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NO GMOs



NO SOY



NO GLUTEN



VEGAN FRIENDLY

NO COLORING,
PRESERVATIVES
OR FLAVORING

NATURELO®

PREMIUM SUPPLEMENTS

POSTNATAL MULTIVITAMIN

FOR BREASTFEEDING MOMS

180
VEGETARIAN
CAPSULES

DIETARY SUPPLEMENT
COMPLETE FORMULA
GENTLE ON THE STOMACH*



Supplement Facts

Serving Size: 3 Capsules
Servings Per Container: 60

Amount Per Serving		%DV†
Vitamin A (as Natural Beta Carotene from <i>Blakeslea Trispora</i>)	1,300 mcg RAE	100%
Vitamin C (from L-Ascorbate & Acerola Cherry Extract)	120 mg	100%
Vitamin D3 (as Plant-based Cholecalciferol from Wild-harvested Lichen)	20 mcg (800 IU)	133%
Vitamin E (from d-Alpha Tocopheryl from Sunflower)	19 mg alpha tocopherol	100%
Vitamin K2 (as Menaquinone MK-7)	90 mcg	100%
Vitamin B1 (from Thiamine HCl)	1.5 mg	107%
Vitamin B2 (Riboflavin)	1.6 mg	100%
Vitamin B3 (as Niacinamide)	18 mg NE	100%
Vitamin B6 (from Pyridoxal-5-Phosphate)	2 mg	100%
Folate (as Active L-5-Methylfolate)	600 mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	2.8 mcg	100%
Biotin (as D-Biotin)	35 mcg	100%
Vitamin B5 (from d-Calcium Pantothenate)	7 mg	100%
Choline (from Choline Bitartrate)	55 mg	10%
Calcium (as Plant-based Aquamin® from Marine Algae)	255 mg	20%

Amount Per Serving		%DV†
Iron (from Ferrous Bisglycinate Chelate)	9 mg	33%
Iodine (from Wild, Hand-harvested Kelp)	290 mg	100%
Magnesium (as Plant-based Aquamin® Magnesium from Marine Algae)	255 mg	64%
Zinc (from Zinc Amino Acid Chelate)	13 mg	100%
Selenium (from Selenium Glycinate Complex)(TRAACS®)	70 mcg	100%
Copper (as Copper Aminoamin)	1.3 mg	100%
Manganese (as Manganese Sulfate)	2.6 mg	100%
Chromium (from Chromium Picolinate)	45 mcg	100%
Molybdenum (as Molybdenum Krebs Complex)	50 mcg	100%
Milk Boosting Herbs Blend		
Organic Fenugreek (Seed)	20 mg	**
Organic Blessed Thistle (Herb)	20 mg	**
Organic Fennel Extract (Seed)	20 mg	**
Organic Stinging Nettle (Root)	20 mg	**
Organic Alfalfa (Leaves)	20 mg	**

**Daily value (DV) not established.
†% Daily Values reflect the recommended values for lactating women, which may be higher than standard daily values.

Other Ingredients: Vegetable Cellulose Capsule
Best Before: See date on bottom ▶