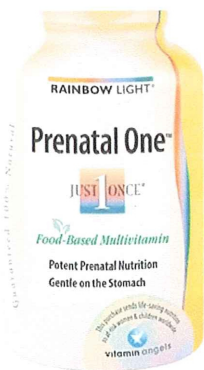


Prenatal One™ Multivitamin



Supplement Facts

Serving Size 1 Tablet

	Amount Per Serving	% DV
Vitamin A (as Palmitate Beta-Carotene)	4,000 IU	50%
Vitamin C (as Ascorbic Acid)	100 mg	167%
Vitamin D (as D2 Ergocalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	30 IU	100%
Vitamin K (as Phytonadione)	65 mcg	*
Vitamin B-1 (as Thiamin Mononitrate)	10 mg	588%
Riboflavin (Vitamin B-2)	10 mg	500%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine)	15 mg	600%
Folic Acid	800 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	25 mcg	313%
Biotin	300 mcg	100%
Vitamin B-5 (as Calcium Pantothenate)	15 mg	150%
Calcium (as Carbonate, Citrate-Malate)	200 mg	15%
Iron (as Amino Acid Chelate)	30 mg	167%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Oxide)	100 mg	22%
Zinc (as Citrate)	15 mg	100%
Selenium (as Seleno-methionine)	100 mcg	*
Copper (as Amino Acid Chelate)	2 mg	100%
Manganese (as Citrate)	2 mg	*
Chromium (as Amino Nicotinate)	120 mcg	*
Molybdenum (as Amino Acid Chelate)	75 mcg	*
Potassium (as Citrate)	10 mg	*
Citrus Bioflavonoid Complex	25 mg	*
Choline (as Bitartrate)	10 mg	*
Inositol	10 mg	*
Boron (as Glycinate)	1 mg	*
Gentle Prenatal Blend	90 mg	*
(equivalent to 320 mg food & herbal powder) Red Raspberry [leaf] 2:1 Extract, Ginger [rhizome] Fresh Juice 10:1 Extract, Organic Spirulina		
Complete Digestive Support	24 mg	*
Protease (660 HUT*), Amylase (226 DU*), Lipase (2 LU*), Cellulase (3 CU*)		*
<i>Lactobacillus Sporogenes</i>	25,000,000 CFU	

* Daily Value (DV) not established

Other Ingredients: (natural mineral or vegetable source): microcrystalline cellulose, stearic acid, modified cellulose, silica. Coating: Vegetable food glaze (Hydroxy propyl cellulose, pharmaceutical glaze).

Suggested Usage: For pure and potent protection, take one tablet per day with or between meals.

GUARANTEE: 100% natural - Free of artificial colors, flavors, sweeteners, preservatives and other objectionable additives found in vitamin products. Contains no sugar, lactose/dairy, wheat, gluten or yeast.