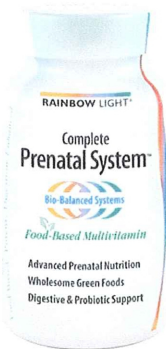


Complete Prenatal System™

Multivitamin



Supplement Facts

Serving Size 6 Tablets

	Amount Per Serving	% DV
Vitamin A (as 50% Beta-Carotene 50% Palmitate)	5,000 IU	62%
Vitamin C (as Magnesium Ascorbate, Ascorbic Acid)	250 mg	417%
Vitamin D (as D3 Cholecalciferol)	800 IU	200%
Vitamin E (as d-alpha Tocopheryl Succinate)	200 IU	667%
Vitamin K (as Phytonadione)	100 mcg	
Vitamin B-1 (as Thiamin Mononitrate)	30 mg	1,765%
Riboflavin (Vitamin B-2)	35 mg	1,750%
Niacin	40 mg	200%
Vitamin B-6 (as Pyridoxine)	20 mg	800%
Folic Acid	1,000 mcg	125%
Vitamin B-12 (as Methylcobalamin)	60 mcg	750%
Biotin	600 mcg	200%
Vitamin B-5 (as Calcium Pantothenate)	60 mg	600%
Calcium (as Carbonate, Amino Acid Chelate)	1,000 mg	77%
Iron (as Amino Acid Chelate)	30 mg	167%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Oxide, Ascorbate)	500 mg	111%
Zinc (as Amino Acid Chelate)	15 mg	100%
Selenium (as Selenomethionine)	200 mcg	*
Copper (as Amino Acid Chelate)	1.5 mg	75%
Manganese (as Amino Acid Chelate)	6 mg	*
Chromium (as Amino Nicotinate)	200 mcg	*
Molybdenum (as Amino Acid Chelate)	50 mcg	*
Potassium (as Citrate)	50 mg	*
Lemon Bioflavonoid Complex	80 mg	*
Rutin	10 mg	*
Choline (as Bitartrate)	120 mg	*
Inositol	20 mg	*
PABA (para-Aminobenzoic Acid)	10 mg	*
Digestive Support Complex		
Protease (3,600 HUT*), Amylase (282 DU*), Lipase (3 LU*), Cellulase (3 CU*), Betaine HCl (60 mg*)		

Lactobacillus sporogenes	30,000,000 CFU	*
Superfood Vitality Blend		
Organic Spirulina (900 mg*), Alfalfa [leaf] Concentrate (60 mg*), Chlorella (150 mg*)		
Gentle Prenatal Blend	89 mg	*
(equivalent to 500 mg of herbal powder) Red Raspberry [leaf] 4:1 Extract, Chamomile [flower] 4:1 Extract, Ginger [root] Fresh Juice 10:1 Extract		

* Daily Value (DV) not established

Other Ingredients: (natural mineral or vegetable source) microcrystalline cellulose, stearic acid (vegetable), modified cellulose, magnesium stearate, silica. Coating: dextrin, dextrose, soy lecithin, carboxy methyl cellulose, sodium citrate.

Suggested Usage: While pregnant or nursing, 2 tablets 3 times per day, or 3 tablets 2 times per day, with or between meals.

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