



PRENATAL & NURSING FORMULA

MULTIPLE VITAMIN/MINERAL/
TRACE ELEMENT SUPPLEMENT

90 CAPSULES



Supplement Facts

Serving Size 3 Capsules • Servings Per Container 30

Amount Per 3 Capsules	% Daily Value for Pregnant & Lactating Women
Vitamin A (80% (1,200 mcg RAE) as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i> and 20% (300 mcg RAE) as vitamin A palmitate)	1,500 mcg RAE 115%
Vitamin C (as L-ascorbic acid)	100 mg 83%
Vitamin D ₃ (as cholecalciferol)	50 mcg 333%
Vitamin E (57% as RRR-alpha-tocopheryl acid succinate, 43% as RRR-alpha-tocopherol)	46 mg 242%
Vitamin K (50% as vitamin K ₁ (phytonadione) and 50% as vitamin K ₂ (menaquinone-7))	60 mcg 67%
Thiamin (as thiamin HCl)	3.4 mg 243%
Riboflavin	4 mg 250%
Niacin (75% as niacinamide and 25% as niacin)	20 mg NE 111%
Vitamin B ₆ (50% as pyridoxine HCl and 50% as pyridoxal 5'-phosphate)	15 mg 750%
Folate (as Metafolin [®] calcium L-5-methyltetrahydrofolate)	1,360 mcg DFE 227% (800 mcg)
Vitamin B ₁₂ (as methylcobalamin)	500 mcg 17,857%
Biotin (D-biotin)	300 mcg 857%
Pantothenic Acid (as calcium D-pantothenate)	10 mg 143%

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, silicon dioxide, stearic acid, and natural citrus flavor.

Manufactured by SFI USA
Reno, NV 89521 • Klaire.com

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. **KEEP OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or poison control center immediately.

Caution: If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your physician before using this product.

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, and gluten. Contains no artificial colors, flavors, or preservatives.

Amount Per 3 Capsules	% Daily Value for Pregnant & Lactating Women
Choline (as choline bitartrate)	150 mg 27%
Calcium (as calcium citrate-malate complex)	100 mg 8%
Iron (as TRAACS [®] ferrous trisglycinate chelate ^{††})	27 mg 100%
Iodine (as potassium iodide)	150 mcg 52%
Magnesium (80% as magnesium citrate complex and 20% as magnesium oxide)	125 mg 31%
Zinc (as TRAACS [®] zinc bisglycinate chelate ^{††})	15 mg 115%
Selenium (as Se-methylseleno-L-cysteine)	50 mcg 71%
Copper (as TRAACS [®] copper bisglycinate chelate ^{††})	0.5 mg 38%
Chromium (as TRAACS [®] chromium nicotinate glycinate chelate ^{††})	75 mcg 167%
Molybdenum (as TRAACS [®] molybdenum glycinate chelate ^{††})	10 mcg 20%
Natural Mixed Tocopherols (RRR-gamma, RRR-delta, RRR-beta)	5 mg *
Natural Mixed Carotenoids (lutein and zeaxanthin from <i>D. Salina</i>)	25 mcg *

*Daily Value not established.

Suggested Use: Adults: Before, during and after pregnancy (and/or while breast feeding) take 3 capsules daily with food or as directed by healthcare professional. Not intended for children.

†Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany.

††Albion[®] and TRAACS[®] are registered trademarks of Albion[®] Laboratories, Inc. Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light.

Produced under a strict quality management system in compliance with Good Manufacturing Practices (GMPs) and third-party quality certifications.

