

SPRING

VALLEY®

VITAMIN #1 BRAND

1 Per Day Dose

Prenatal

Multivitamin/Multimineral

Important Before, During
and After Pregnancy

PRENATAL HEALTH**

Dietary
Supplement 100 TABLETS

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value for Pregnant/Lactating Women
Vitamin A 4000 IU (100% as beta-carotene)	50%
Vitamin C 120 mg	200%
Vitamin D 400 IU	100%
Vitamin E 90 IU	100%
Thiamin 1.8 mg	100%
Riboflavin 1.7 mg	85%
Niacin 20 mg	100%
Vitamin B6 2.6 mg	104%
Folic Acid 800 mcg	100%
Vitamin B12 8 mcg	100%
Calcium 200 mg	16%
Iron 28 mg	156%
Zinc 20 mg	167%

Ingredients: calcium carbonate, ascorbic acid, microcrystalline cellulose, ferrous fumarate, D-alpha-tocopheryl acetate, zinc oxide, gelatin, acacia, croscarmellose sodium, nicotinamide, stearic acid, dextrin, silicon dioxide, hypromellose, titanium dioxide, magnesium stearate, polyethylene glycol, pyridoxine hydrochloride, beta-carotene, FD&C red #40 aluminum lake, thiamine mononitrate, riboflavin, dextrose, lecithin, folic acid, FD&C yellow #6 aluminum lake, FD&C blue #2 aluminum lake, cholecalciferol, cyanocobalamin. CONTAINS: SOY

Suggested Use: One tablet daily with food or as directed by your physician. For use prior to conception, during pregnancy, and during the postnatal period.

Store in a dry place at room temperature (59°-86°F).

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.

Oil- and Water-Soluble Vitamins with Minerals Tablets



✓ Produced under strict quality guidelines.
✓ Verified by an independent, ISO 9001:2008 certified laboratory.

UNCONDITIONALLY GUARANTEED BY REFUND OR REPLACEMENT

GLUTEN FREE

FOR YOUR PROTECTION,
DO NOT USE IF PRINTED
SEAL UNDER CAP IS
BROKEN OR MISSING.

Questions or comments?
1-800-476-7068

MANUFACTURED BY: Perrigo
Allergan, MI 43018 USA

Specially designed to supply important nutrients to meet the needs of a woman's body before, during and after pregnancy.*

**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.

Confirmed Release:

Made to U.S. Pharmacopoeia (USP) quality, purity and potency standards. Laboratory tested to dissolve within 60 minutes.

A healthful diet with adequate folic acid may reduce a woman's risk of having a child with a brain or spinal cord birth defect.

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