



KEEP OUT OF REACH OF CHILDREN
STORE IN A COOL, DRY PLACE

242081 401242081-A
Use only if seal is intact.
Tamper Evident.
THIS BOTTLE
DO NOT
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DIETARY
SUPPLEMENT



60 TABLETS

Prenatal Multi



DIRECTIONS: TAKE 1 TABLET DAILY WITH A MEAL.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		% DV for pregnant/lactating women	Amount Per Serving		% DV for pregnant/lactating women
Vitamin A	6000 IU	75%	Magnesium	100mg	22%
(as 60% palmitate, 40% beta-carotene)			(as magnesium oxide)		
Vitamin C	100mg	167%	Zinc (as zinc citrate)	15mg	100%
(as ascorbic acid)			Selenium	100mcg	*
Vitamin D	400 IU	100%	(as selenomethionine)		
(as cholecalciferol)			Copper	2mg	100%
Vitamin E	100 IU	333%	(as copper amino acid chelate)		
(as d-alpha tocopherol)			Manganese	2mg	*
Vitamin K	65mcg	*	(as manganese citrate)		
(as phytonadione)			Chromium	120mcg	*
Thiamin	10mg	588%	(as chromium polynicotinate)		
(as thiamine mononitrate)			Molybdenum	75mcg	*
Riboflavin	10mg	500%	(as molybdenum amino acid chelate)		
Niacin (as niacinamide)	20mg	100%	Potassium	10mg	*
Vitamin B6	15mg	600%	(as potassium citrate)		
(as pyridoxine HCl)			Raspberry Extract (leaf)	50mg	*
Folic Acid	800mcg	100%	Citrus Bioflavonoids	25mg	*
Vitamin B12	25mcg	313%	Ginger Extract (root)	20mg	*
(as cyanocobalamin)			Spirulina	20mg	*
Biotin	300mcg	100%	Choline	10mg	*
(as d-biotin)			(as choline bitartrate)		
Pantothenic Acid	15mg	150%	Inositol	10mg	*
(as d-calcium pantothenate)			Boron	1mg	*
Calcium	200mg	15%	(as boron glycinate)		
(as calcium carbonate, citrate, malate)			Digestive Enzyme Support	12mg	*
Iron	30mg	167%	(Protease [660 HUT], Amylase [226 DU], Lipase [2 LU], Cellulase [3 CU])		
(as iron amino acid chelate)					
Iodine (from kelp)	150mcg	100%			

OTHER INGREDIENTS: MICROCRYSTALLINE CELLULOSE, STEARIC ACID (VEGETABLE SOURCE), SILICON DIOXIDE, CROSCARMELLOSE SODIUM, MAGNESIUM STEARATE (VEGETABLE SOURCE).

ALLERGEN INFORMATION: CONTAINS SOY INGREDIENTS. GOOD MANUFACTURING PRACTICES USED TO SEGREGATE INGREDIENTS IN A FACILITY THAT ALSO PROCESSES TREE NUT, MILK, EGG, SHELLFISH, FISH AND WHEAT INGREDIENTS.

CONTAINS NO ARTIFICIAL COLORS, FLAVORS OR PRESERVATIVES.

NOTE: IF YOU ARE PREGNANT OR LACTATING, CONSULT YOUR HEALTH CARE PRACTITIONER BEFORE USING THIS PRODUCT.

WARNING: ACCIDENTAL OVERDOSE OF IRON-CONTAINING PRODUCTS IS A LEADING CAUSE OF FATAL POISONING IN CHILDREN UNDER 6. KEEP THIS PRODUCT OUT OF THE REACH OF CHILDREN. IN CASE OF ACCIDENTAL OVERDOSE, CALL A DOCTOR OR POISON CONTROL CENTER IMMEDIATELY.