



HERBAL VITA-MOM

Prenatal Vitamin

EXPECTING & NURSING MOMS

120
SOFTGELS

HERBAL DIETARY
SUPPLEMENT

60
SERVINGS

* 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.

Supplement Facts

Serving Size: 2 softgels

Amount Per Serving	%DV
Vitamin A (as β -Carotene) 1500 mcg RAE	115%
Vitamin C (as Ascorbic Acid) 60 mg	50%
Vitamin D3 (as Cholecalciferol) 10 mcg (400 IU)	67%
Vitamin E (as α -alpha Tocopherol) 20 mg	100%
Vitamin K1 (as Phylloquinone) 80 mcg	80%
Vitamin B1 (as Thiamine HCl) 4 mg	200%
Vitamin B2 (as Riboflavin) 5 mg	115%
Niacin (as Nicotinamide) 20 mg	111%
Vitamin B6 (as Pyridoxine HCl) 10 mg	500%
Folate 1000 mcg DFE (800 mcg Folic Acid)	200%
Vitamin B12 (as Cyanocobalamin) 10 mcg	207%
Biotin (as D-Biotin) 200 mcg	671%
Choline (as Choline Bitartrate) 20 mg	4%
Paraethoxy acid (as Calcium Paraethoxy) 10 mg	143%
Iron (as Ferrous fumarate) 18 mg	67%
Iodine (as Potassium iodide) 100 mcg	50%
Selenium (as Selenium yeast) 70 mcg	100%

Other Ingredients: Rice Bran Oil, Gelatin (of bovine origin), Glycerin, Purified Water, Beeswax, Sunflower Lecithin and Color (Lycopene and Annatto).

Servings Per Container: 60

Amount Per Serving	%DV
Magnesium (as Mg Oxide and Mg Citrate) 200 mg	50%
Zinc (as Amino acid chelate Zinc) 15 mg	155%
Copper (as Copper Gluconate) 2 mg	154%
Manganese (as Manganese Citrate) 2 mg	77%
Chromium (as Amino acid chelate Chromium) 100 mcg	267%
Potassium (as Potassium Citrate) 60 mg	†
Coincidence Q40 50 mg	†
Inositol 10 mg	†
Hypericin Complex (from Citrus aurantium Peel) 50 mg	†
Ginger (Zingiber officinale) Root Extract 30.8 mg	†
Peppermint (Mentha piperita) Leaf Extract 20 mg	†
Atella (Meliolago sativa) Leaf Powder 20 mg	†
Red Raspberry (Rubus idaeus) Leaf Powder 20 mg	†
Carberry (Molochium macrocarpon) Fruit powder 20mg	†
Slipping Nettie (Urtica dioica) Leaf Powder 20 mg	†
† Daily Value (DV) not established	

Manufactured for and Distributed by:
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WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P60Warnings.ca.gov/food

SUGGESTED USE: Adults: Take 2 softgels daily, preferably with meals unless otherwise directed. Caution: If you have a medical condition, or are taking a prescription, consult your health care provider before using this product. Keep out of reach of children. Store in a cool, dry place out of sunlight.



SUPPORT A HEALTHY PREGNANCY*

- A healthy blend of vitamins, minerals, and herbs*
- Easy on the stomach*
- Meets or exceeds the Recommended Daily Value of 14 vitamins and minerals*

The MMH Three-Leaf Promise:

Our high-standards produce nothing less than **Pure, Safe, and Effective** herbal products.

You will always feel that **We Care**—through our products, our service, and our understanding.

We Deliver On Time.

