

Manufactured by
Bluebonnet Nutrition Corporation
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Sugar Land, TX 77478 USA

Bluebonnet®



Dietary Supplement
60 Caplets



Early Promise PRENATAL®

Essential Vitamins and
Minerals Recommended for
Pregnant and Nursing Women♦

**GENTLE
MULTIPLE**

Directions: As a dietary supplement, take two caplets once daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 2 Caplets Servings Per Container 30

Amount Per Serving		% Daily Value Pregnant Women	% Daily Value General Population
Vitamin A (as beta-carotene 2500 IU) (as vitamin A palmitate 2500 IU)	1125 mcg	87	125
Vitamin C (as calcium ascorbate)	120 mg	100	133
Vitamin D3 (as 800 IU cholecalciferol)	20 mcg	133	100
Vitamin E (as 100 IU d-alpha tocopheryl succinate)	67 mg	353	447
Vitamin B1 (as thiamin mononitrate)	5 mg	357	417
Vitamin B2 (as riboflavin)	5 mg	313	385
Vitamin B3 (as niacinamide)	20 mg	111	125
Vitamin B6 (as pyridoxine HCl)	5 mg	250	294
Folate (as 800 mcg folic acid)	1334 mcg DFE	222	334
Vitamin B12 (as cyanocobalamin)	12 mcg	429	500
Biotin	300 mcg	857	1000
Pantothenic Acid (as calcium D-pantothenate)	10 mg	143	200
Calcium (as citrate, carbonate)	400 mg	31	31
Iron (as bisglycinate chelate)	27 mg	100	150
Iodine (as potassium iodide)	150 mcg	52	100
Magnesium (as citrate, bisglycinate chelate, oxide)	200 mg	50	48
Zinc (as bisglycinate chelate)	15 mg	115	136
Selenium (as glycinate complex)††	50 mcg	71	91
Copper (as bisglycinate chelate)	2 mg	154	222
Manganese (as bisglycinate chelate)	3 mg	115	130
Chromium (as nicotinate glycinate chelate)	120 mcg	267	343
Molybdenum (as glycinate chelate)	75 mcg	150	167
Choline (as bitartrate)	123 mg	22	22
Lutein (from marigold flower extract)	25 mcg	*	*
Lycopene (from tomato extract)	25 mcg	*	*
Super Fruit and Vegetable Blend (from wild blueberry, cranberry, prune, cherry, strawberry, grape, raspberry and bilberry fruits, grape seed, raspberry seed, broccoli, broccoli sprouts, brussels sprouts, carrot, kale, onion, spinach, tomatoes)	100 mg	*	*

*Daily Value not established.

Other ingredients: Vegetable cellulose, stearic acid, vegetable magnesium stearate, vegetable beet glaze. Minerals are shown in their elemental value.

Contains: Soybeans

Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts and wheat. Also free of yeast, gluten, barley and sugar.

Bluebonnet's KOF-K Certification #K-0000700

♦ 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.

†† Albion Advanced
Nutrition
Amino Acid
Complex

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.

Early Promise Prenatal® is a registered trademark of Bluebonnet Nutrition Corporation. Caution: For adults only.