



BEST NEST
— WELLNESS —

LIVE BEAUTIFULLY
through NEURO-NUTRITION®

Mama Bird™

Prenatal Multi+ for a
Healthy Pregnancy*

DIETARY
SUPPLEMENT
30 CAPLETS



SUPPLEMENT FACTS

Serving Size: 1 Caplet

Servings per Container: 30

Amount Per Serving %DV†		
Vitamin A (50% Beta Carotene, 50% Retinyl Palmitate)	1200 mcg RAE	92%
Vitamin C (Calcium Ascorbate)	100 mg	83%
Vitamin D (Cholecalciferol from Lichen)	10 mcg	67%
Vitamin E (d-Alpha Tocopherol Succinate)	20 mg	105%
Vitamin K (Phytonadione)	80 mcg	89%
Thiamin (Thiamine Hydrochloride)	2.5 mg	179%
Riboflavin	2.5 mg	156%
Niacin	20 mg	111%
Vitamin B6 (Pyridoxal-5-Phosphate, Pyridoxine)	4 mg	200%
Folate (500 mcg Quatrefolic® 5-Methyltetrahydrofolate)	800 mcg DFE	133%
Glucosamine Salt, 300 mcg Folic Acid)		
Vitamin B12 (Methylcobalamin, Adenosylcobalamin)	6 mcg	214%
Biotin	35 mg	100%
Pantothenic Acid (Calcium Pantothenate)	10 mg	143%
Choline (Choline Bitartrate)	50 mg	9%
Calcium (Calcium Phosphate, Malate, Ascorbate)	64 mg	5%
Iron (Ferrochel® Amino Acid Chelate)	18 mg	67%
Iodine (Potassium Iodide)	150 mcg	52%
Magnesium (Magnesium Malate)	40 mg	10%
Zinc (Zinc Citrate)	15 mg	115%
Selenium (L-Selenomethionine)	35 mcg	50%
Copper (Amino Acid Chelate)	1 mg	77%
Manganese (Amino Acid Chelate)	2.6 mg	100%
Chromium (Chromium Polynicotinate)	45 mcg	100%
Molybdenum (Amino Acid Chelate)	50 mcg	100%

Organic Wellness Blend	120 mg	**
Organic Ginger (Root), Organic Chamomile (Flower)		
Probiotics	50 mg	**
Lactobacillus acidophilus		
Enzyme Blend	25 mg	**
Amylase, Protease, Cellulase, Lipase		

** Daily Values (DV) not established.

† % Daily Values for pregnant or lactating women

Other Ingredients: Cellulose (Vegetable Based), Croscarmellose Sodium, Stearic Acid (Vegetable Based), Magnesium Stearate (Vegetable Based), Glycerin, Natural Orange Oil (Flavor)