



Nature Made®

PRENATAL MULTI

Specially formulated to support the development of baby's brain, nervous system, bones and eyes†

250 TABLETS | Dietary Supplement

Supplement Facts

Serving Size 1 Tablet

Amount Per Tablet	% Daily Value for Pregnant Women and Lactating Women	
Vitamin A (as Beta Carotene) 770 mcg	770 mcg	59%
Vitamin C (as Ascorbic Acid) 85 mg	85 mg	71%
Vitamin D ₃ (as Cholecalciferol) 25 mcg (1000 IU)	25 mcg (1000 IU)	167%
Vitamin E (as dl-Alpha Tocopheryl Acetate) 15 mg	15 mg	79%
Vitamin K (as Phytonadione) 90 mcg	90 mcg	100%
Thiamin (as Thiamine Mononitrate) 1.4 mg	1.4 mg	100%
Riboflavin 1.4 mg	1.4 mg	88%
Niacin (as Niacinamide) 18 mg	18 mg	100%
Vitamin B ₆ (as Pyridoxine Hydrochloride) 1.9 mg	1.9 mg	95%
Folate 1330 mcg DFE (800 mcg Folic Acid)	1330 mcg DFE (800 mcg Folic Acid)	222%
Vitamin B ₁₂ (as Cyanocobalamin) 5.2 mcg	5.2 mcg	186%
Biotin 30 mcg	30 mcg	86%
Pantothenic Acid (as d-Calcium Pantothenate) 6 mg	6 mg	86%
Calcium (as Calcium Carbonate) 250 mg	250 mg	19%
Iron (as Ferrous Fumarate) 27 mg	27 mg	100%
Iodine (as Potassium Iodide) 150 mcg	150 mcg	52%
Magnesium (as Magnesium Oxide) 45 mg	45 mg	11%
Zinc (as Zinc Oxide) 11 mg	11 mg	85%

SUGGESTED USE:

Adults, take 1 tablet daily with water and a meal. Store tightly closed, in a cool, dry place, out of reach of children.

Do not use if imprinted seal under cap is broken or missing.

CAUTION:

If you are taking medication or have blood clotting issues, consult your physician before use.

- ✓ No Color Added
- ✓ No Artificial Flavors
- ✓ Gluten Free

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.

OTHER INGREDIENTS:

Cellulose Gel, Modified Food Starch, Maltodextrin, Hydrogenated Soybean Oil, Dibasic Calcium Phosphate, Croscarmellose Sodium, Hypromellose, Silicon Dioxide, Magnesium Stearate, Gelatin, Polyethylene Glycol.

DISTRIBUTED BY:

Nature Made Nutritional Products
West Hills, CA 91309-9903, USA
1-800-276-2878 • www.NatureMade.com

USP has tested and verified ingredients, potency and manufacturing process.
USP sets official standards for dietary supplements.
www.uspverified.org

Lot: 2357692
Exp.: AUG 2021