

List No. 1435
L400
Cat. A475
5A009

†This statement has not been evaluated
by the Food and Drug Administration.
This product is not intended to diagnose,
treat, cure, or prevent any disease.

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Nature Made®

TABLET
ONE
PER DAY

PRENATAL MULTI

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



**VALUE
SIZE**

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

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www.uspverified.org

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