

**Prenatal SAP™** provides optimal nutritive support to meet the higher nutritional needs of women who are pregnant or who are planning to become pregnant.\* L-5-methyltetrahydrofolate (L-5-MTHF) provides the most bioavailable, active form of folic acid and helps support healthy fetal brain and spinal column development.\* Vitamin C, selenium, and vitamin E as antioxidants help reduce oxidative stress.\* The comprehensive blend of vitamins and minerals in **Prenatal SAP™** promotes enhanced bioavailability, efficacy, and the maintenance of good health.\* All ingredients listed for this product lot number have been tested by a third-party laboratory for identity, potency, and purity.

**Directions for use: Pregnant, lactating and adult women:** Take 3 capsules daily. If you are taking other medications, take a few hours before or after them. Take with food.

**Contains no:** Gluten, soy, wheat, corn protein, eggs, dairy, yeast, citrus, preservatives, artificial flavor or color, or sugar.

**Cautions and warnings:** For adult use only. Consult a healthcare practitioner prior to use if you are taking blood thinners.

**This product is non-GMO and vegetarian friendly.**

**This product is very sensitive to heat and humidity. Store in a cool and dry place. Do not remove silica pack. Ensure lid is closed properly after each use.**

**Color, size and smell may vary from one lot to another.**

● **Warning:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call your physician or Poison Control Center immediately.

\* 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.

**NFH®**

**Prenatal SAP**

**Multivitamin\***

**DIETARY SUPPLEMENT**

[nfh.ca](http://nfh.ca)

**180 CAPSULES**

| Supplement Facts                                                          |                    |                |
|---------------------------------------------------------------------------|--------------------|----------------|
| Serving Size: 3 Capsules                                                  | Servings: 60       |                |
|                                                                           | Amount Per Serving | % Daily Value* |
| Vitamin C (from calcium ascorbate)                                        | 175 mg             | 148%           |
| Vitamin D <sub>3</sub> (from cholecalciferol) (1000 IU)                   | 25 mcg             | 167%           |
| Vitamin K <sub>1</sub> (from vitamin K <sub>1</sub> )                     | 100 mcg            | 111%           |
| Thiamin (Vitamin B <sub>1</sub> ; from thiamin hydrochloride)             | 100 mg             | 7143%          |
| Riboflavin (Vitamin B <sub>2</sub> ; from riboflavin-5'-phosphate sodium) | 50 mg              | 3125%          |
| Niacin (from niacinamide)                                                 | 50 mg NE           | 270%           |
| Vitamin B <sub>6</sub> (from pyridoxal-5'-phosphate)                      | 50 mg              | 2500%          |
| Folate (from calcium L-5-methyltetrahydrofolate)                          | 1700 mcg DFE       | 210%           |
| Vitamin B <sub>12</sub> (from methylcobalamin)                            | 1000 mcg           | 35714%         |
| Biotin                                                                    | 300 mcg            | 607%           |
| Pantothenic acid (from calcium D-pantothenate)                            | 100 mg             | 1428%          |
| Calcium (from calcium citrate)                                            | 175 mg             | 13%            |
| Iron (from iron glycinate)                                                | 30 mg              | 111%           |
| Iodine (from potassium iodide)                                            | 150 mcg            | 52%            |
| Magnesium (from magnesium citrate)                                        | 75 mg              | 19%            |
| Zinc (from zinc citrate)                                                  | 25 mg              | 192%           |
| Selenium (from L-selenomethionine)                                        | 50 mcg             | 71%            |
| Copper (from copper citrate)                                              | 2 mg               | 164%           |
| Manganese (from manganese citrate)                                        | 5 mg               | 192%           |
| Chromium (from chromium polynicotinate)                                   | 100 mcg            | 222%           |
| Molybdenum (from molybdenum citrate)                                      | 50 mcg             | 100%           |
| Potassium (from potassium citrate)                                        | 75 mg              | 1%             |
| Mixed tocopherols concentrate (from non-GMO sunflower)                    | 111.84 mg          | **             |
| Boron (from boron citrate)                                                | 700 mcg            | **             |
| * Based on recommended dietary intake for pregnant and lactating women.   |                    |                |
| ** Daily Value not established.                                           |                    |                |

**Other ingredients:** Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a capsule composed of vegetable hypromellose and purified water.

MADE IN CANADA - NFH - NUTRITIONAL FOUNDATIONALS FOR HEALTH INC.  
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