

PCOS Prenatal™ contains essential nutrients for women with PCOS.† One daily tablet provides methylated folate, 50 mcg (2,000 IU) of vitamin D₃, choline, iron and other important nutrients.

PCOS Prenatal™ is independently tested and certified by NSF® International for content accuracy, purity and freedom from contaminants.

Directions for Use: Take one tablet per day, with food. Do not exceed recommended dosage. Do not use if seal has been broken.

Keep out of children's reach.
Store away from heat and moisture.



Covered by one or more claims of U.S. Patent #7,947,662 CAS# 1181972-37-1

Manufactured in the USA in a GMP-compliant facility for
PCOS Nutrition Center, LLC • 14 S. Bryn Mawr Avenue, Suite 204
Bryn Mawr, PA 19010 • www.PCOSnutrition.com
Report any adverse reactions to: 484-252-9028

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.

†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.

 PCOS
NUTRITION CENTER™

PCOS PRENATAL™

Preconception Vitamin and Mineral Supplement

Dietary Supplement
90 Vegetarian Tablets

Supplement Facts

Serving Size: 1 Tablet
Servings Per Container: 90

	Amount Per Tablet	% Daily Value for Pregnant Women
Vitamin A (100% as beta-carotene)	900 mcg	69%
Vitamin C (as ascorbic acid)	100 mg	83%
Vitamin D (as cholecalciferol)	50 mcg (2000 IU)	333%
Vitamin E (as d-alpha tocopheryl succinate)	20 mg	106%
Vitamin K (as phytonadione)	90 mcg	100%
Thiamin (as thiamin mononitrate)	5 mg	357%
Riboflavin (vitamin B ₂)	5 mg	313%
Niacin (as niacinamide)	20 mg	111%
Vitamin B ₆ (as pyridoxine hydrochloride)	30 mg	1500%
Folate (as L-5-methyltetrahydrofolate, calcium salt)	1334 mcg DFE	222%
Vitamin B ₁₂ (as cyanocobalamin)	12 mcg	429%
Biotin (as d-biotin)	30 mcg	86%
Pantothenic Acid (as d-calcium pantothenate)	6 mg	86%
Choline (as VitaCholine® choline bitartrate)	100 mg	18%
Calcium (as calcium carbonate)	140 mg	11%
Iron (as ferrous fumarate)	18 mg	67%
Iodine (as potassium iodide)	220 mcg	76%
Magnesium (as magnesium oxide)	50 mg	13%
Zinc (as zinc oxide)	13 mg	100%
Selenium (as selenium glycinate)	70 mcg	100%
Copper (as copper citrate)	1 mg	77%
Chromium (as TRAACS® chromium nicotinate glycinate chelate)	30 mcg	67%
Molybdenum (as TRAACS® molybdenum glycinate chelate)	50 mcg	100%

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, sodium citrate, vegetable stearic acid, silicon dioxide, vegetable magnesium stearate, white film coating (hypromellose, polydextrose, calcium carbonate, medium chain triglycerides)

VitaCholine® is a registered trademark of Balchem Corporation
TRAACS® is a registered trademark of Albion Laboratories

