

No Gluten, No Yeast, No Wheat, No Milk or Milk Derivatives, No Lactose, No Sugar, No Preservatives, No Soy, No Artificial Color, No Artificial Flavor, No Sodium.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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100 MISSION RIDGE
GOODLETTSVILLE, TN 37072 USA

A0963



ACTUAL
SIZE

Prod. No.
65759
01A B59638
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50 Caplets
Dietary Supplement



Prenatal

Multivitamin/Multimineral

with Folic Acid

For Use Before, During
and After Pregnancy



DIRECTIONS: FOR ADULTS, TAKE ONE (1) CAPLET DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving		%Daily Value for Pregnant and Lactating Women
Vitamin A (as Beta-Carotene)	1,200 mcg	92%
Vitamin C (as Ascorbic Acid)	120 mg	100%
Vitamin D (as D3 Cholecalciferol)	10 mcg (400 IU)	67%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	13.5 mg	71%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.8 mg	129%
Riboflavin (Vitamin B-2)	1.7 mg	106%
Niacin (as Niacinamide)	20 mg	111%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 mg	130%
Folate	1,333 mcg DFE (800 mcg folic acid)	222%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	286%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Fumarate)	28 mg	104%
Iodine (as Potassium Iodide)	150 mcg	52%
Zinc (as Zinc Oxide)	25 mg	192%

Other Ingredients: Cellulose (Plant Origin), Croscarmellose. **Contains <2% of:** Calcium Silicate, Cellulose Coating, Dicalcium Phosphate, Gelatin, Mannitol, Starch, Vegetable Magnesium Stearate, Vegetable Stearic Acid.

Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.