

# prenatal vitamins

for use before, during and  
after pregnancy

up&up

1  
PER DAY

100  
TABLETS

100 TABLETS  
DIETARY SUPPLEMENT

## Supplement Facts

Serving Size 1 Tablet

| Amount Per Serving                       | % Daily Value for Pregnant and Lactating Women |
|------------------------------------------|------------------------------------------------|
| Vitamin A 1200 mcg                       | 92%                                            |
| Vitamin C 120 mg                         | 100%                                           |
| Vitamin D3 10 mcg (400 IU)               | 67%                                            |
| Vitamin E 13.5 mg                        | 71%                                            |
| Thiamin 1.8 mg                           | 129%                                           |
| Riboflavin 1.7 mg                        | 106%                                           |
| Niacin 20 mg                             | 111%                                           |
| Vitamin B6 2.6 mg                        | 130%                                           |
| Folate 1360 mcg DFE (800 mcg folic acid) | 227%                                           |
| Vitamin B12 8 mcg                        | 286%                                           |
| Calcium 200 mg                           | 15%                                            |
| Iron 28 mg                               | 104%                                           |
| Iodine 150 mcg                           | 52%                                            |
| Zinc 25 mg                               | 192%                                           |

**Ingredients:** Calcium Carbonate, Ascorbic Acid, Microcrystalline Cellulose, Ferrous Fumarate, Gelatin, Zinc Oxide, dl-Alpha Tocopheryl Acetate, Gum Arabic. Contains 2% or less of beta-carotene, carnauba wax, cholecalciferol, croscarmellose

sodium, cyanocobalamin, dextrin, dextrose, FD&C blue no. 2 lake, FD&C red no. 40 lake, FD&C yellow no. 6 lake, folic acid, hydroxypropyl methylcellulose, magnesium stearate, niacinamide, polyethylene glycol, potassium iodide, pyridoxine hydrochloride, riboflavin, silica, soy lecithin, stearic acid, thiamine mononitrate, titanium dioxide (color).

**Contains: Soy.**

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**Suggested Use:** Adults, take one tablet daily with food as a dietary supplement.

**Keep out of reach of children.** Store at 15° - 30°C (59° - 86°F).

**CAUTION:** Pregnant or nursing women, individuals taking medication(s) or persons who have a health condition should consult their physician before using this product.

**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.

Questions or comments? 1-800-910-6874

**DO NOT USE IF PRINTED SEAL  
UNDER CAP IS BROKEN OR MISSING**

Tablet color may vary.

**GLUTEN FREE**

141621/518819/TAR649799

**FRESHNESS AND POTENCY  
GUARANTEED THROUGH:**