



Trinatal Rx 1  
Prenatal Multivitamin/Mineral Tablets

SUPPLEMENT FACTS

| Supplement Facts                                   |                                    |                                   |
|----------------------------------------------------|------------------------------------|-----------------------------------|
| Serving Size: 1 Tablet                             |                                    |                                   |
| Servings Per Container: 100                        |                                    |                                   |
|                                                    | Amount Per Serving                 | % DV Pregnant and Lactating Woman |
| Vitamin A (Acetate 3600 IU & Beta Carotene 400 IU) | 1200 mcg RAE                       | 92%                               |
| Vitamin C (Ascorbic Acid)                          | 80 mg                              | 67%                               |
| Vitamin D (as Cholecalciferol)                     | 10 mcg (400 IU)                    | 67%                               |
| Vitamin E (as dl-Alpha Tocopheryl Acetate)         | 7 mg* (15 IU)                      | 37%                               |
| Thiamin (as Thiamine Mononitrate)                  | 1.5 mg                             | 107%                              |
| Riboflavin                                         | 1.6 mg                             | 100%                              |
| Niacin (as Niacinamide)                            | 17 mg NE                           | 94%                               |
| Vitamin B <sub>6</sub> (as Pyridoxine HCl)         | 4 mg                               | 200%                              |
| Folate (as Folic Acid)                             | 1667 mcg DFE (1000 mcg folic acid) | 278%                              |
| Vitamin B <sub>12</sub> (as Cyanocobalamin)        | 2.5 mcg                            | 89%                               |
| Biotin                                             | 30 mcg                             | 86%                               |
| Pantothenic Acid (as Calcium Pantothenate)         | 7 mg                               | 100%                              |
| Calcium (as Calcium Carbonate)                     | 200 mg                             | 15%                               |
| Iron (as Ferrous Fumarate)                         | 60 mg                              | 222%                              |
| Magnesium (as Magnesium oxide)                     | 100 mg                             | 25%                               |
| Zinc (as Zinc Oxide)                               | 25 mg                              | 192%                              |
| Copper (as Cupric Oxide)                           | 3 mg                               | 231%                              |
| *Equal to mg alpha-tocopherol                      |                                    |                                   |

**Other Ingredients:** Microcrystalline cellulose, coating (hypromellose, titanium dioxide, polyvinyl alcohol, polyethylene glycol, talc) tripotassium citrate, croscarmellose sodium, citric acid, povidone K30, acacia, stearic acid, magnesium stearate, fumed silica.

Trinatal Rx 1 tablets help assure an adequate intake of the vitamins and minerals listed. Folate supplementation may be recommended for individuals who have higher-than-normal demands for folate such as pregnant women.

CONTRAINDICATIONS

Supplemental vitamins and minerals should not be prescribed for patients with hemochromatosis or Wilson’s disease.