

WARNING: Allergenic products contain one or more of the following allergens: wheat, soy, milk, egg, fish, shellfish, tree nuts, peanuts, seed oils, and sesame. These allergens can cause allergic reactions. In some individuals, allergic reactions can be severe. Avoiding these allergens may reduce the risk of allergic reactions. Read the entire label. ©2017 Bluebonnet Nutrition, LLC. All rights reserved.

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Bluebonnet



Essential Vitamins and Minerals Recommended for Pregnant and Nursing Women ♦

Dietary Supplement
60 Caplets



Early Promise
PRENATAL®

**GENTLE
MULTIPLE**

Directions: As a dietary supplement, take two caplets once daily, preferably with a meal or as directed by a healthcare practitioner.

Supplement Facts

Serving Size 2 Caplets
Servings Per Container 30

Amount Per Serving	% Daily Value Pregnant Women	% Daily Value General Population
Vitamin A (as beta-carotene 2500 IU) (as vitamin A palmitate 2500 IU)	1125 mcg	87%
Vitamin C (as calcium ascorbate)	120 mg	100%
Vitamin D3 (as 800 IU cholecalciferol)	20 mcg	133%
Vitamin E (as 100 IU d-alpha tocopheryl succinate)	67 mg	353%
Thiamin (as thiamin mononitrate)	5 mg	357%
Riboflavin (as riboflavin)	5 mg	313%
Niacin (as niacinamide)	20 mg	111%
Vitamin B6 (as pyridoxine HCl)	5 mg	250%
Folate (as 800 mcg folic acid)	1334 mcg DFE	222%
Vitamin B12 (as cyanocobalamin)	12 mcg	429%
Biotin	300 mcg	857%
Pantothenic Acid (as calcium D-pantothenate)	10 mg	143%
Calcium (as citrate, carbonate)	400 mg	31%
Iron (as bisglycinate chelate)	27 mg	100%
Iodine (as potassium iodide)	150 mcg	52%
Magnesium (as citrate, bisglycinate chelate, oxide)	200 mg	50%
Zinc (as bisglycinate chelate)	15 mg	115%
Selenium (as glycinate complex)	50 mcg	71%
Copper (as bisglycinate chelate)	2 mg	154%
Manganese (as bisglycinate chelate)	3 mg	115%
Chromium (as nicotinate glycinate chelate)	120 mcg	267%
Molybdenum (as glycinate chelate)	75 mcg	150%
Choline (as bitartrate)	123 mg	22%
Lutein (from marigold flower extract)	25 mcg	*
Lycopene (from tomato extract)	25 mcg	*
Super Fruit and Vegetable Blend (grape and grape seed extract, wild blueberry and wild blueberry extract, raspberry and raspberry seed concentrate, tart cherry, wild bilberry and wild bilberry extract, strawberry, broccoli sprout concentrate, onion extract, tomato, broccoli, carrot, kale, brussels sprout)	100 mg	*

*Daily Value not established.

Other Ingredients: Vegetable cellulose, stearic acid, vegetable magnesium stearate, vegetable beef glue.

Contains: Soybeans

Manufactured by Bluebonnet Nutrition Corporation
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Free of milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat and sesame. Also free of gluten, barley and sugar.

Minerals are shown in their elemental value.

Bluebonnet's KOF-K Certification #K-0000700

Early Promise Prenatal® is a registered trademark of Bluebonnet Nutrition Corporation.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication or have a medical condition. Keep out of reach of children.

Alison Advanced
Nutrition Amino
Acid Complex

