

MATURE'S TRUTH®

ULTRA AINS & MINERALS HEDELA



1 PERDAY

NT 11273 B11275 A

MULTIVITAMIN & MINERAL SUPPLEMENT



FOR WOMEN BEFORE, DURING & AFTER PREGNANCY

Supplement Facts DIRECTIONS: For adult women, take Serving Size: 1 Quick Release Softgel

% Daily Value For

	Amount Per Serving		nant and Women
	Vitamin A (as Retinyl Palmitate)	1,200 mcg	92%
	Vitamin C (as Ascorbic Acid)	60 mg	50%
594056		5 mcg (1,000 IU)	167%
	Vitamin E (as dl-Alpha Tocopheryl Acetate)	4.5 mg	24%
	Thiamin (Vitamin B-1) (as Thiamin Mononitrate	e) 1.7 mg	121%
100	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%
	Biotin (as d-Biotin)	100 mcg	286%
	Calcium (as Calcium Carbonate)	100 mg	8%
	Iron (as Ferrous Sulfate)	27 mg	100%
	Zinc (as Zinc Oxide)	11 mg	85%
	Fish Oil provides 250 mg of Total Omega-3 Fatty Acids DHA (Docosahexaenoic Acid)	556 mg s comprising of: 200 mg	*
	EPA (Eicosapentaenoic Acid)	30.5 mg	*

*Daily Value not established.

OTHER INGREDIENTS: Gelatin, Vegetable Glycerin, Yellow Beeswax, Sunflower Lecithin, Caramel Color, Titanium Dioxide Color. Contains fish (anchovy) ingredients.

Servings Per Container: 120 one (1) quick release softgel daily, preferably with a meal.

> WARNING: If you are pregnant, nursing, taking any medications, including blood thinners, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Store in a cool, dry place.

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.

Gluten, Wheat, Yeast, Milk, Lactose, Soy, Flavor, Artificial Sweetener,

NON-GMO

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