

**DIRECTIONS:** For adults, take one (1) caplet daily, preferably with a meal.

**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.

**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. Do not use if seal under cap is broken or missing.



**TO REORDER ITEM # 3700**  
[www.puritan.com](http://www.puritan.com)  
**1-800-645-1030**

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**PURITAN'S PRIDE, INC.**  
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 **Puritan's Pride**

# PRENATAL VITAMINS

FOR PREGNANT &  
NURSING WOMEN

DIETARY SUPPLEMENT

100 COATED  
CAPLETS

## Supplement Facts

Serving Size 1 Caplet

		%Daily Value for Pregnant and Lactating Women
<b>Amount Per Serving</b>		
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: Vegetable Cellulose. **Contains <2% of:** Calcium Silicate, Gelatin, Mannitol, Starch, Vegetable Magnesium Stearate, Vegetable Stearic Acid. Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.