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Manufactured by: Douglas Laboratories  
 600 Boyce Road, Pittsburgh, PA 15205  
 www.douglaslabs.com 1.800.245.4440

**Suggested Usage:** As a dietary supplement, adults take 2 capsules daily with a meal or as directed by your health professional.

**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.

**Warning:** Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use. Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

DimaCal® and TRAACS® are registered trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

**CHROMEMATE®** ChromeMate® brand niacin-bound chromium. ChromeMate® & logo are trademarks of Lonza or its affiliates.

Store in a cool, dry place. Use only if safety seal is intact.

**Gluten-free, Non-GMO**

\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.

Formula # 202776 V1

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# Prenatal

## Multivitamin/Mineral Formula

Dietary Supplement

Maternal health and wellness\*



60 Vegetarian Capsules

### Supplement Facts

Serving Size 2 Vegetarian capsules • Servings Per Container 30

	Amount Per Serving	%DV	%DV for pregnant or lactating women
Vitamin A (as beta carotene)	2,400 mcg	26.7%	185%
Vitamin C (as ascorbic acid)	70 mg	76%	58%
Vitamin D <sub>3</sub> (as cholecalciferol)	25 mcg (1,000 IU)	125%	16.7%
Vitamin E (as d-alpha-tocopheryl succinate)	12 mg	80%	63%
Vitamin K (as Vitamin K <sub>1</sub> )	90 mcg	75%	100%
Thiamin (as thiamin HCl)	1.6 mg	133%	114%
Riboflavin (as vitamin B <sub>2</sub> )	1.7 mg	131%	106%
Niacin (as niacinamide)	20 mg	125%	111%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	2.2 mg	129%	110%
Folate (as Metafolin® L-5-MTHF) (1,000 mcg L-5-MTHF)	1,667 mcg DFE	417%	278%
Vitamin B <sub>12</sub> (as methylcobalamin)	2.6 mcg	108%	93%
Biotin	300 mcg	1,000%	857%
Pantothenic Acid (as calcium pantothenate)	6 mg	120%	86%
Choline (as choline bitartrate)	100 mg	16%	18%
Calcium (as DimaCal® di-calcium malate)	200 mg	15%	15%
Iron (as iron glycinate)	27 mg	150%	100%
Iodine (as potassium iodide)	150 mcg	100%	52%
Magnesium (as magnesium citrate)	80 mg	19%	20%
Zinc (as zinc citrate)	15 mg	136%	115%
Selenium (as selenomethionine)	70 mcg	127%	100%
Copper (as copper glycinate)	1 mg	111%	77%
Manganese (as manganese citrate)	2 mg	87%	77%
Chromium (as chromium polynicotinate)	120 mcg	343%	267%
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg	167%	150%
Proprietary mixed carotenoid blend (Lutein, lycopene, zeaxanthin)	450 mcg	*	*

\*Daily Value (DV) not established

Other ingredients: Hydroxypropyl methylcellulose (capsule), ascorbyl palmitate