

‡ Clinically Proven Absorption: Vitamins D, B2, B5, folate, calcium, iron & zinc

SUGGESTED USAGE: Take one tablet per day, with or between meals, while trying to conceive, pregnant or nursing.

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.

KEEP OUT OF REACH OF CHILDREN: Consult your healthcare professional prior to use if you are pregnant, nursing, taking medication or have a medical condition.

*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.

Contains NO: Tree nuts, peanuts, eggs, fish, or shellfish.

ACTUAL SIZE
TABLET



Prenatal One Multivitamin

Rainbow Superfoods Blend & Probiotics



Nourishes Mom's Health & Baby's
Development with folate, calcium and iron*



Vegetarian

45 Tablets | Multivitamin Supplement

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 45

	Amount Per Serving	% DV for Pregnant & Lactating Women		Amount Per Serving	% DV for Pregnant & Lactating Women
Vitamin A (as beta-carotene)	2600 mcg	200%	Selenium (as selenium L-methionine complex)	70 mcg	100%
Vitamin C (ascorbic acid)	65 mg	54%	Copper (as copper chelate)	1.3 mg	100%
Vitamin D (as ergocalciferol)	15 mcg	100%	Manganese (as manganese citrate)	2 mg	77%
Vitamin E (as d-alpha tocopheryl succinate)	9.5 mg	50%	Molybdenum (as molybdenum chelate)	50 mcg	100%
Vitamin K (as phytonadione)	90 mcg	100%	Organic Rainbow Superfoods Blend	125 mg	†
Thiamin (as thiamin mononitrate)	8 mg	571%	Organic spirulina, organic beet (root), organic broccoli (plant), organic kale (leaf), organic spinach (leaf), organic blackberry (fruit), organic blueberry (fruit), organic carrot (root), organic cranberry (fruit)		
Riboflavin (vitamin B2)	8 mg	500%	Enzyme and Probiotic Blend	32 mg	†
Niacin (as niacinamide)	18 mg	100%	Ginger (root) juice extract, amylase (150 DU†), protease (600 HUT†), xylanase (80 XU†), maltase (4 DP†), glucoamylase (0.4 AGU†), hemicellulase (61 HCU†), beta-glucanase (0.2 BGU†), phytase (0.04 FTU†), cellulase (24 CU†), alpha-galactosidase (4 GalU†), lipase (22 FIP†), lactase (7 ALU†), invertase (3 SU†), <i>Bacillus coagulans</i> MTCC 5856 (25 million CFU†)		
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	500%	Organic chlorella	25 mg	†
Folate (as folic acid) (360 mcg folic acid)	600 mcg DFE	100%	Inositol	10 mg	†
Vitamin B12 (as methylcobalamin)	9 mcg	321%	Boron (as boron glycinate)	1 mg	†
Biotin	35 mcg	100%			
Pantothenic Acid (as calcium pantothenate)	10 mg	143%			
Choline (as choline bitartrate)	55 mg	10%			
Calcium (as calcium citrate)	50 mg	4%			
Iron (as iron chelate)	27 mg	100%			
Iodine (from kelp)	290 mcg	100%			
Magnesium (as marine magnesium extract from sea water)	50 mg	13%			
Zinc (as zinc citrate)	13 mg	100%			

†Daily Value (DV) not established.

Other ingredients: Microcrystalline cellulose, croscarmellose sodium, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose, coating (hydroxypropyl cellulose). Contains milk, soy, and wheat traces from enzyme fermentation media.

Manufactured by Nature's Products, Inc. for Nutranext Business, LLC, 1301 Sawgrass Corporate Parkway, Sunrise, FL 33323, USA 800.571.4701 © 2021 www.rainbowlight.com LB-10000-0458