



Women's Health



Foundational

SUGGESTED USE: Take 3 capsules daily with food or as recommended by your health-care practitioner.

TAMPER EVIDENT: Use only if bottle is sealed. Store tightly sealed in a cool, dry place.

If pregnant, consult your health-care practitioner before using this product.



GLUTEN FREE

THORNE®

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Basic Prenatal
For Pregnant and Nursing Women

DIETARY SUPPLEMENT

90
CAPSULES

SUPPLEMENT FACTS

Serving Size: Three Capsules
Servings Per Container: 30

Three Capsules Contain:	%DV	
Vitamin A (450 mcg from Beta Carotene and 600 mcg as Palmitate)	1.05 mg	81%
Vitamin C (as Ascorbic Acid)	150 mg	125%
Vitamin D (as Vitamin D3) (1,000 IU)	25 mcg	167%
Vitamin E (as d-Alpha Tocopheryl)	33.5 mg	176%
Vitamin K (as Vitamin K1)	100 mcg	111%
Thiamin (as Thiamin HCl)	5 mg	357%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	5 mg	313%
Niacin (as Niacinamide)	30 mg	167%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	12 mg	600%
Folate (1 mg as L-5-Methyltetrahydrofolate† from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1.7 mg DFE	283%
Vitamin B12 (as Methylcobalamin)	200 mcg	7,142%
Biotin	50 mcg	143%

Peel back for additional supplement facts ▶

manufactured by: THORNE RESEARCH, INC., 1-800-228-1966



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†This product uses Gnosis S.p.A.'s L-5-Methyltetrahydrofolic Acid, Glucosamine Salt (Quatrefolic®). Quatrefolic is a registered trademark of Gnosis S.p.A. ††This product uses Albion's Ferrochel® Ferrous Bisglycinate chelate. Ferrochel is a registered trademark of Albion International, Inc. †††This product uses Albion's TRAACS® Zinc Bisglycinate Chelate, Copper Bisglycinate Chelate, Manganese Bisglycinate Chelate and Chromium Nicotinate Glycinate Chelate. TRAACS is a registered trademark of Albion International, Inc. ††††This product uses Albion's Bororganic™ Boron Glycinate Complex. Bororganic is a trademark of Albion International, Inc.

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 a poison control center immediately.

Certification of Conformity of the child-proof closure with the Poison Prevention Packaging Act is available at www.thorne.com/iron_certification.html

SUPPLEMENT FACTS CONTINUED

Serving Size: Three Capsules
Servings Per Container: 30

Three Capsules Contain:	%DV	
Pantothenic Acid (as Calcium Pantothenate)	18 mg	257%
Choline (as Choline Citrate)	110 mg	20%
Calcium (90 mg as Calcium Citrate and 90 mg as Calcium Malate)	180 mg	14%
Iron (as Ferrochel® Ferrous Bisglycinate Chelate)††	45 mg	167%
Iodine (as Potassium Iodide)	150 mcg	52%
Magnesium (45 mg as Magnesium Citrate and 45 mg as Magnesium Malate)	90 mg	23%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)†††	25 mg	192%
Selenium (as L-Selenomethionine)	50 mcg	71%
Copper (as TRAACS® Copper Bisglycinate Chelate)†††	2 mg	154%
Manganese (as TRAACS® Manganese Bisglycinate Chelate)†††	5 mg	192%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)†††	100 mcg	222%
Boron (as Bororganic™ Boron Glycinate Complex)††††	1 mg	*

*Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Calcium Laurate.