

**SUGGESTED USE:** Chew 2 tablets daily after breakfast or lunch, and follow with a glass of water. Do not take within 5 hours of bedtime as it may interfere with sleep. Use as directed by your healthcare professional.

**CAUTIONS:** Children and pregnant or lactating women should consult their healthcare professional prior to use. Avoid if allergic to any ingredient. Do not exceed 1,500 mcg RAE intake per day of preformed vitamin A (retinol or retinyl forms). Evaluate total vitamin K intake from food and supplements if you are taking blood-thinning medications. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach by children.

**Prenatal Essentials Chewable** offers a specialized prenatal formula designed to help meet the high nutritional needs of women who are pregnant or preparing for pregnancy. This formula contains both folic acid and L-5-MTHF, the most biologically available forms of folate, which are essential during pregnancy to support healthy brain development. The chelated minerals and active B vitamins support normal cell growth and cardiovascular, neurological, and immune health. This formula is iron-free to allow for maximal versatility.†

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**DOES NOT CONTAIN:** Milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, gluten, GMO, artificial colors, or artificial flavors.

**Prenatal Essentials Chewable Meets or Exceeds cGMP Quality Standards.**

Novato<sup>®</sup> is a registered trademark of Archer-Daniels-Midland Company. Quatrefolic<sup>®</sup> is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.

MECOBALACTIVE<sup>®</sup> is a registered trademark of HealthTech BioActives SLU d.b.a. Ferrer HealthTech.

<sup>®</sup>DimaCal<sup>™</sup>, TRAACS<sup>™</sup>, and Albion<sup>™</sup> are trademarks of Albion Laboratories, Inc.

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TARGETED SUPPORT<sup>®</sup>



SeekingHealth<sup>®</sup>

# Prenatal Essentials Chewable

with Milk Thistle, TMG, and CoQ10



Dietary Supplement

60 CHEWABLE TABLETS

## Supplement Facts

Serving Size: 2 Chewable Tablets  
Servings Per Container: 30

	Amount Per Serving	%DV <sup>†</sup>		Amount Per Serving	%DV <sup>†</sup>
Vitamin A (as beta-carotene and retinyl palmitate)	1,500 mcg RAE	115%	Selenium (as SelenoExcell <sup>®</sup> High Selenium Yeast)	70 mcg	100%
Vitamin C (as ascorbic acid)	350 mg	292%	Copper (as copper gluconate)	0.5 mg	38%
Vitamin D3 (cholecalciferol)	25 mcg (1,000 IU)	167%	Manganese (as Manganese Bisglycinate Chelate <sup>®</sup> )	2 mg	77%
Vitamin E (as Novato <sup>®</sup> d-alpha tocopheryl succinate)	67 mg	353%	Chromium (as Chromium Nicotinate Glycinate Chelate <sup>®</sup> )	120 mcg	267%
Thiamin (as thiamine hydrochloride)	4 mg	286%	Molybdenum (as Molybdenum Glycinate Chelate <sup>®</sup> )	75 mcg	150%
Riboflavin (as riboflavin 5'-phosphate sodium)	4 mg	250%	Betaine Anhydrous [trimethylglycine (TMG)]	150 mg	*
Niacin (as niacinamide)	25 mg NE	139%	Milk Thistle Extract ( <i>Silybum marianum</i> ) (seeds)(80% silymarin)	75 mg	*
Vitamin B6 (as pyridoxal 5'-phosphate)	5 mg	250%	Coenzyme Q10 (as ubiquinol)	25 mg	*
Folate [as Quatrefolic <sup>®</sup> (6S)-5-methyltetrahydrofolate, glucosamine salt and calcium folinate]	1,360 mcg DFE (800 mcg)	227%	Lutein [from marigold extract ( <i>Tagetes erecta</i> )(flower)]	5 mg	*
Vitamin B12 (as MECOBALACTIVE <sup>®</sup> methylcobalamin and adenosylcobalamin)	100 mcg	3,571%	Zeaxanthin [from marigold extract ( <i>Tagetes erecta</i> )(flower)]	2.5 mg	*
Biotin	500 mcg	1,429%	Boron (as Bororganic Glycine <sup>®</sup> )	1 mg	*
Pantothenic Acid (as d-calcium pantothenate)	25 mg	357%	Vitamin K2 (as menaquinone-7)	80 mcg	*
Calcium (as DiCalcium Malate <sup>®</sup> )	100 mg	8%			
Iodine (as potassium iodide)	150 mcg	52%			
Magnesium (as DiMagnesium Malate <sup>®</sup> )	100 mg	25%			
Zinc (as Zinc Bisglycinate Chelate <sup>®</sup> )	7 mg	54%			

<sup>†</sup>%Daily Value (DV) for pregnant/lactating women.  
\*Daily Value not established.

**Other Ingredients:** Xylitol, microcrystalline cellulose, stearic acid, natural flavors, monk fruit extract, malic acid, potassium chloride, xanthan gum, silica, magnesium stearate, and licorice root powder.

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FROM GLOBALLY SOURCED INGREDIENTS  
THIRD-PARTY INDEPENDENTLY TESTED

