

SUGGESTED USE: Take 2 capsules daily, with a meal, or use as directed by your healthcare professional. Do not take within 5 hours of bedtime as it may interfere with sleep.

CAUTIONS: Children and pregnant or lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged. 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.

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

Prenatal Essentials Meets or Exceeds cGMP Quality Standards.

Find Other Effective Health Products At
www.seekinghealth.com

Manufactured for and Distributed by:

Seeking Health, LLC

3140 Mercer Ave

Bellingham, WA 98225

(800) 547-9812

PEMF-60-CAPS

REV. 090320



This package is
completely recyclable



T A R G E T E D S U P P O R T ®

SeekingHealth®

Prenatal
Essentials

Methyl-Free

Dietary Supplement

60 VEGETARIAN CAPSULES

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV†		Amount Per Serving	%DV†
Vitamin A (as beta-carotene and retinyl palmitate)	1,500 mcg RAE	115%	Magnesium (as DiMagnesium Malate [§])	100 mg	25%
Vitamin C (as ascorbic acid)	100 mg	83%	Zinc (as Zinc Bisglycinate Chelate [§])	13 mg	100%
Vitamin D3 (as cholecalciferol)	25 mcg (1,000 IU)	167%	Selenium (as SelenoExcell® High Selenium Yeast)	50 mcg	71%
Vitamin E (as Novato [®] d-alpha tocopheryl succinate)	50 mg	263%	Copper (as Copper Bisglycinate Chelate [§])	0.75 mg	58%
Thiamin (as thiamine hydrochloride)	5 mg	357%	Manganese (as Manganese Bisglycinate Chelate [§])	2 mg	77%
Riboflavin (as riboflavin 5'-phosphate sodium)	10 mg	625%	Chromium (as Chromium Nicotinate Glycinate Chelate [§])	100 mcg	222%
Niacin (as niacinamide)	25 mg	139%	Molybdenum (as Molybdenum Glycinate Chelate [§])	50 mcg	100%
Vitamin B6 (as pyridoxal 5'-phosphate)	15 mg	750%	Boron (as Bororganic Glycine [§])	1 mg	*
Folate (as calcium folinate)	1,360 mcg DFE (800 mcg)	227%	Lutein [from marigold extract (<i>Tagetes erecta</i>)(flowers)]	1 mg	*
Vitamin B12 (as hydroxocobalamin and adenosylcobalamin)	100 mcg	3,571%	Zeaxanthin [from marigold extract (<i>Tagetes erecta</i>)(flowers)]	1 mg	*
Biotin	150 mcg	429%	Vitamin K2 (as menaquinone-7)	100 mcg	*
Pantothenic Acid (as d-calcium pantothenate)	20 mg	286%	†%Daily Value (DV) for pregnant/lactating women.		
Calcium (as DiCalcium Malate [§])	100 mg	8%	*Daily Value not established.		
Iodine (from potassium iodide)	220 mcg	76%			

Other Ingredients: Vegetarian capsule (hypromellose and water), microcrystalline cellulose, ascorbyl palmitate, and L-leucine.

Novato[®] is a registered trademark of Archer-Daniels-Midland Company.

[§]DimaCal[™], TRAACS[™], and Albion[™] are trademarks of Albion Laboratories, Inc.

SelenoExcell[®] is a registered trademark of Cypress Systems, Inc.

