

Specially formulated Prenatal Multivitamin provides Buffered Vitamin C to support pregnant and nursing mothers. Our Prenatal is carefully tested to ensure we deliver the highest quality product with Folate to support healthy brain/spinal development.*



GLUTEN FREE. No yeast-derived ingredients, wheat, dairy, or artificial colors, or flavors.

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Green Bay, WI 54311 USA

Questions? 1-800-9NATURE / naturesway.com

***THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD & DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.**

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PRENATAL MULTIVITAMIN

WITH BUFFERED
VITAMIN C

180 CAPSULES | COMPLETE MULTIVITAMIN
DIETARY SUPPLEMENT

Recommendation: Women take 2 capsules daily with meals or water. If you are pregnant, nursing, or taking any medications, consult a healthcare professional before use.

Supplement Facts

Serving Size 2 Capsules
Servings per Container 90

Amount per Serving	% DV**
Vitamin A (as 91% beta-carotene [2,250 mcg], 9% retinyl acetate [225 mcg])	2,475 mcg 190%
Vitamin C (as calcium ascorbate)	100 mg 83%
Vitamin D3 (as cholecalciferol)	5 mcg 33%
Vitamin E (as d-alpha tocopheryl succinate)	67 mg 353%
Vitamin K (as phytonadione)	30 mcg 33%
Thiamin (as thiamin HCl)	5 mg 357%
Riboflavin (vitamin B2)	5 mg 313%
Niacin (as niacinamide)	15 mg 83%
Vitamin B6 (as pyridoxine HCl)	25 mg 1,250%
Folate (400 mcg Folic Acid)	666 mcg DFE 111%
Vitamin B12 (as cyanocobalamin)	25 mcg 893%

Amount per Serving	% DV**
Biotin	50 mcg 143%
Pantothenic Acid (as calcium-D-pantothenate)	25 mg 357%
Calcium (as calcium carbonate, citrate)	250 mg 19%
Iron (as ferrous gluconate)	9 mg 33%
Iodine (from kelp, as potassium iodide)	158 mcg 54%
Magnesium (as magnesium aspartate, oxide)	125 mg 31%
Zinc (as zinc bisglycinate)	10 mg 77%
Selenium (as L-selenomethionine)	50 mcg 71%
Copper (as copper complex)	1 mg 77%
Manganese (as manganese aspartate)	5 mg 192%
Molybdenum (as sodium molybdate)	50 mcg 100%
Potassium (as potassium gluconate, chloride)	45 mg 1%
Kelp (whole thallus)	42 mg **

**Daily Value (DV) not established.

Other ingredients: gelatin (capsule), cellulose, magnesium stearate, silica, gelatin

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. Do not use if safety seal under child-resistant cap is broken or missing. Keep tightly closed. Store at room temperature. Avoid excessive heat and direct sunlight.