

## STORE IN A COOL, DRY PLACE.

**Recommendations:** As a dietary supplement, take 2 capsules daily, with a meal.

**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.

**Warning:** Vitamin K may be contraindicated with Coumadin (Warfarin). If you are pregnant or lactating, have any health condition or are taking any medication, particularly blood thinning medication, consult your health professional before use.

### Keep out of the reach of children.



Use only if safety seal is intact.

Contents may not fill package in order to accommodate required labeling. Please rely on stated quantity.



Certified Gluten-Free by the Gluten-Free Certification Organization, [www.gluten.org](http://www.gluten.org)

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# pure encapsulations®

## PreNatal Nutrients

*Multivitamin/mineral complex for pregnancy and lactation\**

**Gluten-free, Non-GMO  
& Hypoallergenic**

## Dietary Supplement

**60 CAPSULES**

## Supplement Facts

Serving size 2 capsules  
Servings per container 30

	Amount Per Serving	%DV	%DV for pregnant and lactating women
Vitamin A (as beta carotene)	2,400 mcg	267%	185%
Vitamin C (as ascorbic acid)	70 mg	78%	58%
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	15 mcg (600 IU)	75%	100%
Vitamin E (as d-alpha tocopherol succinate)	12 mg	80%	63%
Vitamin K (as vitamin K <sub>1</sub> )	90 mcg	75%	100%
Thiamin (as thiamin HCl) (B <sub>1</sub> )	1.6 mg	133%	114%
Riboflavin (as vitamin B <sub>2</sub> )	1.7 mg	131%	106%
Niacin (as niacinamide)	20 mg	125%	111%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	2.2 mg	129%	110%
Folate (as Metafolin®, L-5-MTHF and 40% folic acid) (800 mcg L-5-MTHF, 400 mcg folic acid)	1,667 mcg DFE	417%	278%
Vitamin B <sub>12</sub> (as methylcobalamin)	2.6 mcg	108%	93%
Biotin	300 mcg	1,000%	857%
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	6 mg	120%	86%

Other ingredients: vegetarian capsule (cellulose, water), ascorbyl palmitate

**\*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.**

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Choline (as choline bitartrate)	100 mg	18%	18%
Calcium (as DimaCal® di-calcium malate)	200 mg	15%	5%
Iron (as iron glycinate)	27 mg	150%	100%
Iodine (as potassium iodide)	150 mcg	100%	52%
Magnesium (as magnesium citrate)	80 mg	19%	20%
Zinc (as zinc citrate)	15 mg	136%	115%
Selenium (as selenomethionine)	70 mcg	127%	100%
Copper (as copper glycinate)	1 mg	111%	77%
Manganese (as manganese citrate)	2 mg	87%	77%
Chromium (as chromium polynicotinate)	120 mcg	343%	267%
Molybdenum (as TRAACS® molybdenum glycinate chelate)	75 mcg	167%	150%
Proprietary mixed carotenoid blend (as lutein, lycopene, zeaxanthin)	450 mcg	*	*

\* Daily value (DV) not established

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