

Super
Nutrition®

Prenatal Blend

SUPPORTS PRE & POSTNATAL HEALTH*



NUTRITIONAL
SUPPORT*

HIGH
POTENCY

FOLATE &
CHOLINE

180
TABLETS

DIETARY SUPPLEMENT

Suggested Use: Take 3 tablets, once or twice daily with food.

Supplement Facts

Amount Per Serving	% DV for Pregnant & Lactating Women	
Vitamin A (as retinyl palmitate)	750 mcg	58%
Vitamin C (as ascorbic acid)	600 mg	500%
Vitamin D (as D3, cholecalciferol)	50 mcg	333%
Vitamin E (as d-alpha tocopheryl succinate and mixed tocopherols)	180 mg	947%
Vitamin K (as K2, menaquinone-7 and K1, phytonadione)	85 mcg	94%
Thiamin (as thiamine HCl)	37.5 mg	2679%
Riboflavin	35 mg	2188%
Niacin (as nicotinic acid and niacinamide)	61 mg	339%
Vitamin B6 (as pyridoxine HCl and pyridoxal-5-phosphate)	35 mg	1750%
Folate (500 mcg Folic Acid)	850 mcg DFE	142%
Vitamin B12 (as methylcobalamin)	125 mcg	4464%
Biotin (as d-biotin)	330 mcg	943%
Pantothenic Acid (as d-calcium pantothenate)	87.5 mg	1250%
Choline (as choline bitartrate)	50 mg	9%
Calcium (as calcium carbonate and calcium citrate)	600 mg	46%
Iron (as ferrous carbonyl)	20 mg	74%
Iodine (from kelp)	145 mcg	50%
Magnesium (as magnesium oxide and magnesium glycinate)	325 mg	81%

Other Ingredients: Microcrystalline Cellulose, Stearic Acid, Croscarmellose Sodium, Potassium Chloride, Magnesium Stearate, Vegetable-Based Coating, Natural Flavor, and Calcium Silicate. **CONTAINS: Soy**

Not manufactured with milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, sesame, or gluten. Produced in an FDA-registered, third-party audited, and cGMP-compliant facility that may process other products that contain these allergens or ingredients.

Warnings: Keep out of reach of children. Consult with a licensed physician, pharmacist, naturopath or other qualified healthcare professional prior to taking dietary supplements. Sealed for your protection.

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.

Store in a cool, dry place.

Serving Size 3 Tablets
Servings Per Container 60

Amount Per Serving	% DV for Pregnant & Lactating Women	
Zinc (as zinc oxide and zinc citrate)	15 mg	115%
Selenium (as sodium selenite)	125 mcg	179%
Copper (as copper glycinate)	1.25 mg	96%
Manganese (as manganese sulfate and manganese citrate)	5 mg	192%
Chromium (as chromium picolinate)	125 mcg	278%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	150%
Botanical Blend	200 mg	†
Papaya Fruit, Rose Hips, Organic Alfalfa Grass, Organic Kale Leaf, Organic Broccoli, Organic Spirulina, Prune Fruit		
Betaine (as betaine HCl)	50 mg	†
Inositol	37.5 mg	†
Glutamic Acid (as glutamic acid HCl)	15 mg	†
Mixed Tocopherols (d-gamma, d-delta, d-alpha, d-beta)	5.5 mg	†
Hesperidin (from citrus)	2.5 mg	†
Rutin	2.5 mg	†
Boron (from boron citrate)	1.5 mg	†
Citrus Bioflavonoids (from lemon fruit)	1 mg	†
GLA (gamma-linolenic acid from borage seed oil)	1 mg	†

† Daily Value (DV) not established.

*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.

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