

OTHER INGREDIENTS: ORGANIC PEA STARCH, ORGANIC AGAVE INULIN POWDER, ORGANIC MEDIUM CHAIN TRIGLYCERIDES, ORGANIC COATING (ORGANIC TAPIOCA MALTODEXTRIN, ORGANIC SUNFLOWER LECITHIN, ORGANIC PALM OIL, ORGANIC GUAR GUM), SILICA, ORGANIC TAPIOCA DEXTROSE.

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CERTIFIED ORGANIC BY: QAI

BLENDED AND PACKAGED IN THE USA

SUGGESTED ADULT USE: AS A DIETARY SUPPLEMENT, TAKE 3 TABLETS THROUGHOUT THE DAY WITH FOOD, OR AS DIRECTED BY A HEALTH CARE PROFESSIONAL.

KEEP OUT OF REACH OF CHILDREN.

INFORM YOUR PHYSICIAN OF THIS PRODUCT'S BIOTIN CONTENT BEFORE ANY LAB TEST.

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.



P-01471

LM1731, AZ829 (SP1023)



amazon elements



Organic Whole Food[®] PRENATAL

Nutritional support for mom and baby

99% Whole Food Source | Dietary and other ingredients derived from whole foods

90 TABLETS
DIETARY SUPPLEMENT



Supplement Facts

Serving Size 3 Tablets
Servings Per Container 30

Amount Per Serving	% Daily Value for Pregnant and Lactating Women	Amount Per Serving	% Daily Value for Pregnant and Lactating Women
Vitamin A (from Organic Whole Food Complex Blend & as beta carotene)	1,300 mcg 100% (4,333 IU)	Iron (from Organic Whole Food Complex Blend & iron chelate)	10 mg 37%
Vitamin C (from Organic Whole Food Complex Blend & organic acerola extract)	90 mg 75%	Iodine (from Organic kelp & Whole Food Complex Blend)	145 mcg 50%
Vitamin D3 (from Organic Whole Food Complex Blend)	18.8 mcg 125% (755 IU)	Zinc (from Organic Whole Food Complex Blend)	3 mg 23%
Vitamin E (from Organic Whole Food Complex Blend & as d-alpha tocopheryl succinate)	19 mg 100%	Selenium (from Organic Whole Food Complex Blend)	42 mcg 60%
Vitamin K (from Organic Whole Food Complex Blend)	75 mcg 83%	Manganese (from manganese chelate & Organic Whole Food Complex Blend)	0.6 mg 23%
Thiamine (from Organic Whole Food Complex Blend)	1.5 mg 107%	Chromium (from brewer's yeast & Organic Whole Food Complex Blend)	78.8 mcg 175%
Riboflavin (from Organic Whole Food Complex Blend)	1.7 mg 106%		
Niacin (as niacinamide & from Organic Whole Food Complex Blend)	20 mg 111%	Organic Whole Food Complex Blend	970 mg *
Vitamin B6 (as pyridoxine hydrochloride & from Organic Whole Food Complex Blend)	9 mg 450%	Organic Amla Extract, Organic Moringa Extract, Organic Holy Basil, Organic Tea Extract, Organic Sunflower Seed Kernel Extract, Organic Carrot Extract, Organic Spinach Extract, Organic Shiitake Extract, Organic Curry Leaf Extract, Organic Coconut Extract, Organic Parsley Extract, Organic Achiole Extract, Organic Lichen, Organic Garlic Extract	
Folate (from Organic Whole Food Complex Blend)	600 mcg DFE 100%		
Vitamin B12 (as methylcobalamin & from Organic Whole Food Complex Blend)	3 mcg 107%		
Biotin (as biotin & from Organic Whole Food Complex Blend)	160 mcg 457%		
Pantothenic Acid (from Organic Whole Food Complex Blend & as d-calcium pantothenate)	7 mg 100%		

* Daily Value not established