

Pregnancy Whole Foods Nutrients Formula

- Plant Based Vitamins and Minerals - From whole foods and premium ingredients sourced from nature
- Vegetarian Formula - Great fit for different eating habits
- Gentle on Stomach* - Formulated with CARE to help you absorb the nutrients while enjoying the journey of pregnancy
- Naturally Gluten Free. No artificial flavors, colors or preservative.



Organic Lemon Peel Extract certified organic by Oregon Tilth Certified Organic (OTCO)

Aquamin™ is a trademark of Marigot Ltd

Caution: Consult your healthcare practitioner if you are taking medicine or have a medical condition. Discontinue use two weeks prior to surgery. STORE IN COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN

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.

*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.

^ Refers to Whole Foods Premix

Made in USA
Manufactured by cGMP certified facility
for CATALO Natural Health USA Inc.
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Product Code
3284

CATALO

Pregnancy Whole Foods Nutrients Formula

For
Healthy Pregnancy*
Plant Based Nutrients

Support Nutrition Needs
of Mom and Baby*

Gentle on Stomach*



BEFORE,
DURING
Pregnancy
& AFTER

60 Vegetarian
Capsules
DIETARY SUPPLEMENT

Nutrition Information

Serving Size: 2 Capsules (1758mg)

Servings Per Container: 30

Amount Per Serving

Natural Whole Foods Nutrients Blend		477mg	
Vitamin A	231mcg	Biotin	60mcg
Vitamin E	10mg	Pantothenic Acid	6mg
Vitamin B1	3mg	Iron	9mg
Vitamin B2	3.4mg	Selenium	50mcg
Vitamin B3	10mg	Copper	0.5mg
Vitamin B6	2.4mg	Manganese	0.5mg
Vitamin B12	12mcg		
Vitamin C (from Natural Acerola Cherry Extract)	30mg	Calcium (from Natural Sea Algae)	204mg
Vitamin D3 (from Natural Lichen)	10mcg	Iodine (from Kelp)	75mcg
Folic Acid (from Organic Lemon Peels)	800mcg	Magnesium (from Natural Sea Algae)	13.6mg
Choline (from Natural Grapes Extract)	40mg	Zinc (from Natural Zinc Amino Acid Chelate)	8mg
Energy (kcal)	4	Carbohydrates (g)	0.7
Total Fat (g)	0.0	- Sugar (g)	0.0
- Saturated Fat (g)	0	Protein (g)	0.2
- Trans Fat (g)	0	Sodium (mg)	4

Serving Directions	For pregnant and lactating women, take 2 capsules daily after a meal or take 1 capsule after breakfast and lunch.
Ingredients	Natural Whole Foods Nutrients Blend, Natural Sea Algae, Natural Acerola Cherry Extract, Natural Grapes Extract, Natural Zinc Amino Acid Chelate, Natural Organic Fruit & Veggie Blend (Apple, Kale, Broccoli, Spinach, Carrot, Parsley, Beet, Green Cabbage, Blueberry, Raspberry, Strawberry, Tomato), Organic Lemon Peels, Kelp, Natural Lichen Other Ingredients: Hypromellose (Capsule), Bulking Agent (Rice Bran Extract), Anticaking Agent (Rice Hulls), Thickener (Rice Flour), Purified Water. Contains Soy.
Net Weight	52.7g (879mg x 60 capsules)
Storage	Keep in a dry and cool place. Avoid direct sunlight
Best Before 此日期前最佳	Shown on Box (End MM/YYYY) (月 / 年底)

This product is made from natural sources and may have color variation. This is a normal phenomenon and does not affect product quality.
This package updated in December 2018.

Asia-Pacific Distributor: CATALO Natural Health Foods
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CATALO.COM

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Health and Beauty from within

CARE, viTALity, LOngevity. This is what CATALO stands for. It is our philosophy that true health and beauty radiates from within and we are committed to understanding your health needs and enhancing health through superior natural health supplements that nourish your body.



It all begins with care — a healthy body is vital for a happy life — and by embracing all the goodness that nature has, we are proud to offer this wholesomeness direct to you and your family.



When it comes to our products, we make no compromises. We are committed to delivering premium quality products that contains natural, high efficacy, high potency and safe ingredients which will provide the health benefits to our customers. We care because we treat your health as if it were our own.

