

DIRECTIONS: Take five capsules daily, or as directed by your healthcare professional.

Consult your healthcare professional before use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged. The labeling on this product does not comply with California's Proposition 65. Therefore, this product may not be sold in California.

Prenatal Essentials™ is designed to nourish maternal health prior to conception and during pregnancy while optimally supporting baby's healthy development. Key nutrients are provided in forms that enhance absorption and are gentle on the digestive tract.*

Features:

- 5-MTHF – the most biologically active form of folate, an essential vitamin for brain and spinal cord development**
- Bioavailable and gentle minerals – Ferrochel® iron, DimaCal® calcium, and trace minerals provided as amino acid chelates promote optimal utilization while being gentle to the gastrointestinal tract*

*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.

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.

Vitamin A: Excess vitamin A intake may be toxic and may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 1,500 mcg RAE (5,000 IU) of preformed vitamin A (retinyl acetate or retinyl palmitate) per day.

Vitamin K: Consider total vitamin K intake (food and supplements) if you are taking blood-thinning medication.

STORAGE: Keep closed in a cool, dry place out of reach of children.

FORMULATED TO EXCLUDE: Wheat, gluten, yeast, soy protein, dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, and artificial preservatives.



Quatrefolic® S1. Quatrefolic® is a registered trademark of Genesis S.p.A. Produced under U.S. patent 7,947,662.

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Prenatal Essentials™

*Prenatal Multivitamin and Mineral Support**

ePV:

150 Vegetarian Capsules | Dietary Supplement



EXCLUSIVE PROFESSIONAL FORMULAS

Supplement Facts

Serving Size: 5 Capsules
Servings Per Container: 30

	Amount Per Serving	%DV for Pregnant or Lactating Women
Vitamin A (95% as natural beta-carotene and 40% as retinyl palmitate)	1500 mcg	115%
Vitamin C (ascorbic acid)	100 mg	85%
Vitamin D3 (cholecalciferol)	90 mcg (2000 IU)	833%
Vitamin E (as d-alpha-tocopheryl succinate)	134 mg	705%
Thiamin (as thiamine HCl)	5 mg	363%
Riboflavin (as riboflavin 5'-phosphate sodium)	5 mg	813%
Niacin (as niacinamide)	35 mg	139%
Vitamin B6 (as pyridoxal 5'-phosphate)	30 mg	1000%
Folate (as 1950-5-methyltetrahydrofolic acid glucosamine salt [†] and as calcium folinate)	1,360 mcg DFE	227%
Vitamin B12 (as methylcobalamin)	90 mcg	1766%
Biotin	300 mcg	600%
Pantothenic Acid (as d-calcium pantothenate)	25 mg	363%
Choline (as choline bitartrate)	200 mg	36%
Calcium (as dicalcium malate) [†]	400 mg	31%
Iron (as ferrous bisglycinate chelate) [†]	30 mg	111%
Iodine (as potassium iodide)	225 mcg	78%
Magnesium (as dimagnesium malate) [†]	200 mg	50%
Zinc (as zinc bisglycinate chelate) [†]	30 mg	154%
Selenium (as L-selenomethionine)	100 mcg	143%
Copper (as copper bisglycinate chelate) [†]	2 mg	154%
Manganese (as manganese bisglycinate chelate) [†]	5 mg	182%
Chromium (as chromium nicotinate glycolate chelate) [†]	100 mcg	222%
Molybdenum (as molybdenum glycinate chelate) [†]	100 mcg	200%
Vitamin K2 (as menaquinone-7)	100 mcg	**

** Daily Value (DV) not established.

Other Ingredients: Capsule (hypromellose and water), microcrystalline cellulose, ascorbyl palmitate, silica, medium-chain triglyceride oil, and mixed tocopherols.

XYMOGEN®

Exclusive Professional Formulas

6900 Kingspointe Pkwy.

Orlando, FL 32819

www.xymogen.com

800-647-6100

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