

NATURE'S TRUTH®

VITAMINS

100%
QUALITY

SATISFACTION
GUARANTEE

High Potency

PRENATAL VITAMIN & MINERAL FORMULA

For Women Before,
During & After Pregnancy

GLUTEN FREE
NON GMO

DIETARY
SUPPLEMENT

60 QUICK RELEASE
CAPSULES

Supplement Facts

Serving Size: 1 Quick Release Capsule Servings Per Container: 60

Amount Per Serving		% Daily Value For Pregnant and Lactating Women
Vitamin A (as Retinyl Palmitate)	600 mcg	46%
Vitamin C (as Ascorbic Acid)	100 mg	83%
Vitamin D (as D3 Cholecalciferol)	25 mcg (1,000 IU)	167%
Vitamin E (as d-Alpha Tocopheryl Succinate)	3.3 mg	17%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	2 mg	143%
Riboflavin (Vitamin B-2)	3 mg	188%
Niacin (as Niacinamide)	20 mg	111%
Vitamin B-6 (as Pyridoxine Hydrochloride)	3 mg	150%
Folate	1,333 mcg DFE (800 mcg Folic Acid)	222%
Vitamin B-12 (as Cyanocobalamin)	10 mcg	357%
Biotin (as d-Biotin)	150 mcg	429%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	143%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Sulfate)	27 mg	100%
Zinc (as Zinc Oxide)	15 mg	115%
Manganese (as Manganese Sulfate)	2 mg	77%

OTHER INGREDIENTS: Gelatin Capsule, Vegetable Magnesium Stearate, Rice Powder, Silica. Contains fish (cod, cusk, flounder, haddock, hake, pollack, redfish, sole) ingredients.

EXCELLENT SOURCE
OF FOLIC ACID

DIRECTIONS: For adult women, take one (1) quick release capsule daily, preferably with a meal.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. If any adverse reactions occur, immediately stop using this product and consult your doctor. If seal under cap is damaged or missing, do not use. Store in a cool, dry place.

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.

NO Gluten, Wheat, Yeast, Milk, Lactose, Artificial Color, Artificial Flavor, Artificial Sweetener, Preservatives.

NON-GMO

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Nature's Truth LLC
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