

Prepare For Pregnancy

Pre-Natal Supports:

- + Baby's Growth†
- + Neuro Development†
- + Fight Fatigue†
- + Soothes Digestion†

We create essential health supplements formulated for the modern woman's everyday needs. Her Own™ is women's wellness, evolved.

Vegan • Non GMO • Gluten Free • Soy Free
No Synthetic Colors or Preservatives



†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.

DHA

Essential fatty acids to support brain & heart health†

Vitamin D

Boosts immunity and supports strong bones and teeth†

Vitamin B6 & B12

Performs an essential role in the body's cellular function†

Folate

Important for healthy cell growth & function†



herown.com

Made in USA from globally sourced ingredients

Her Own™

pre-natal

nourish & support
every day essential nutrition
for mom and baby's healthy
development†

Dietary Supplement
60 Capsules / 30 Servings

Directions: Take 2 capsules daily with food or as directed by a healthcare professional.

Supplement Facts

Serving Size: 2 Capsules
Servings per container: 30

	Amount Per Serving	%Daily Value
Vitamin A (as retinyl palmitate)	750 mcg	58%
Vitamin C (as ascorbic acid)	60 mg	50%
Vitamin D (as cholecalciferol-D3)	10 mcg (400 IU)	67%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg	53%
Thiamin (as thiamin hydrochloride)	1.5 mg	107%
Riboflavin	2 mg	125%
Niacin (as niacinamide)	10 mg	56%
Vitamin B6 (as pyridoxine hydrochloride)	30 mg	1,500%
Folate (as L-5-Methyltetrahydrofolate calcium)	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	6 mcg	214%
Biotin	300 mcg	857%
Pantothenic acid (as d-calcium pantothenate)	5 mg	71%
Choline (as choline bitartrate)	9 mg	<2%
Iron (as ferrous fumarate)	18 mg	67%
Iodine (as potassium iodide)	150 mcg	52%
Magnesium (as magnesium glycinate)	30 mg	8%
Zinc (as zinc oxide)	10 mg	77%
Selenium (as selenium amino acid chelate)	20 mcg	29%
Copper (as copper bisglycinate chelate)	1 mg	77%
Chromium (as chromium nicotinate glycinate chelate)	30 mcg	67%
Omega 3 Fatty Acid:		
Algal DHA powder (40% docosahexaenoic acid - DHA)	50 mg	†
Vitamin K2 (as menaquinone-7)	30 mcg	†
Ginger root extract (5% gingerols)	25 mg	†
Boron (as boronorganic glycine)	1 mg	†

† Daily value not established.

Other ingredients: Microcrystalline cellulose, hypromellose (capsule), magnesium stearate, silica.

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.

- Keep out of reach of children.
- Store in a cool, dry place.
- Protect from heat, light and moisture.
- Do not use if seal is broken.

@herownnutrition

Distributed by:
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