



WHOLE FOOD DIETARY SUPPLEMENT | 90 CAPSULES

**ANCIENT
NUTRITION**

**Prenatal
Multi**

21 Vitamins & Minerals

Adaptogenic Herbs
Ginger Extract
Methylated Folate

Suggested Use: Adults take 3 capsules per day.

Supplement Facts

Serving Size 3 Capsules
Servings Per Container 30

	Amount Per Serving	%DV
Vitamin A* (as 100% beta-carotene)	2925 mcg	225%
Vitamin C*	60 mg	50%
Vitamin D*	25 mcg (1000IU)	167%
Vitamin E (as d-alpha tocopherol succinate)	24 mg	126%
Vitamin K (as menaquinone-7)	90 mcg	100%
Thiamin*	4 mg	286%
Riboflavin (as riboflavin-5 phosphate)	2.9 mg	181%
Niacin* (as niacinamide)	12 mg	67%
Vitamin B6 (as pyridoxal-5 phosphate)	7.9 mg	395%
Folate (as (6S)-5-methyltetrahydrofolate, glucosamine salt)	864 mcg DFE	144%
Vitamin B12 (as methylcobalamin)	6 mcg	214%
Biotin*	300 mcg	857%
Pantothenic acid*	10 mg	143%
Calcium (from eggshell)	56 mg	4%
Iron**	18 mg	67%
Iodine**	160 mcg	55%
Magnesium**	28 mg	7%
Zinc**	10 mg	77%
Selenium*	70 mcg	100%
Manganese*	1 mg	38%
Chromium*	120 mcg	267%

TCM Prenatal Blend

+ Organic Ginger Root Extract, Chicken Bone Broth, Organic Cinnamon Bark Extract, Beef Bone Broth, Bovine Liver, Wild Hake Roe.

+ Daily Value (DV) not established.

Other ingredients: Beef gelatin.

Contains: Egg, Fish (Hake).

*Nutrient fermented from *Saccharomyces cerevisiae* **Enzyme Activated Mineral (6S)-5-methyltetrahydrofolate, glucosamine salt is protected by **US Patent No. 7,947,662**
Produced on equipment that also processes peanuts, tree nuts, milk, soybean, wheat, sesame, shellfish, egg, fish.

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.

WARNING: If you are pregnant, nursing, allergic, have a medical condition, or taking any medications, consult a doctor before using this or any other dietary supplement. Do not use if inner safety seal is broken or missing. Keep out of reach of children.

Color and odor may vary from lot to lot. Store in a cool, dry place.

NOTICE: Use this product as a food supplement only. Do not use for weight reduction.

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Manufactured for:
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