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Other ingredients: Cellulose, hydroxypropyl methylcellulose (capsule), gelatin (capsule), vegetable stearate, silica, glycerin, water and glycerin triacetate.

This product contains fish oil (from anchovies and sardines).

Manufactured by:
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205 USA
www.douglaslabs.com
1.800.245.440

Suggested Usage: As a dietary supplement, adults take 1 pack daily or as directed by your healthcare professional.

This product contains NO yeast, wheat, gluten, soy protein, milk/dairy, corn, sodium, sugar, starch, artificial coloring, flavoring, or preservatives.

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.

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany.

FloraGLO  FloraGLO is a registered trademark of Kemin Industries, Inc., USA.

KEEP OUT OF REACH OF CHILDREN

For optimal storage conditions, store in a cool, dry place. (59°-77°F/15°-25°C) (35-65% relative humidity) Tamper resistant package, do not use if outer seal is missing.

Formula #66588

Prenatal Pack

A Dietary Supplement



30 Packs

Supplement Facts

Serving Size 1 Pack (2 Vegetarian Capsules / 2 Softgels / 1 Tablet per pack) • Servings Per Container 30

Amount Per Serving	%DV
Calories	9
Calories from Fat	9
Total Fat.....	1 g 2%
Vitamin A (as natural beta-carotene).....	5,000 IU 100%
Vitamin C (as ascorbic acid).....	80 mg 133%
Vitamin D3 (as cholecalciferol)	800 IU 200%
Vitamin E (as d-alpha tocopheryl succinate and d-alpha tocopherol)	56 IU 167%
Thiamine (as thiamine mononitrate)	1.5 mg 100%
Riboflavin.....	1.7 mg 100%
Niacinamide.....	20 mg 100%
Vitamin B6 (as pyridoxine HCl).....	2 mg 100%
Folate (as L-methylfolate, Metafolin®).....	800 mcg 200%
Vitamin B12 (as methylcobalamin)	10 mcg 167%
Biotin.....	300 mcg 100%
Pantothenic Acid (as calcium pantothenate).....	10 mg 100%
Calcium (as citrate).....	400 mg 40%
Iron (as Ferronyl®).....	27 mg 150%
Iodine (from potassium iodide)	150 mcg 100%
Magnesium (from citrate).....	75 mg 19%
Zinc (from citrate)	10 mg 67%
Selenium (from selenomethionine)	75 mcg 107%
Copper (from copper glycinate chelate).....	1 mg 50%
Manganese (from citrate)	1 mg 50%
Chromium (from GTF)	150 mcg 125%
Molybdenum (from chelate)	75 mcg 100%
Marine Lipid Triglycerides.....	1,000 mg *
yielding:	
DHA (Docosahexaenoic acid).....	450 mg *
EPA (Eicosapentaenoic acid).....	150 mg *
Lutein (from marigold flower).....	3 mg *

*Daily Value not established.