



* 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.



HERBAL VITA-MOM

Prenatal
Vitamin

EXPECTING & NURSING MOMS

120
SOFTGELS

HERBAL DIETARY
SUPPLEMENT

60
SERVINGS

Supplement Facts

Serving Size: 2 softgels

Amount Per Serving	%DV
Vitamin A (as B-Carotene) 1500 mcg RAE	115%
Vitamin C (as Ascorbic Acid) 60 mg	50%
Vitamin D3 (as Cholecalciferol) 10 mcg (400 IU)	67%
Vitamin E (as d-alpha Tocopherol) 20 mg	105%
Vitamin K1 (as Phytonadione) 80 mcg	89%
Vitamin B1 (as Thiamine HCl) 4 mg	286%
Vitamin B2 (as Riboflavin) 5 mg	313%
Niacin (as Nicotinamide) 20 mg	111%
Vitamin B6 (as Pyridoxine HCl) 10 mg	500%
Folate 1360 mcg DFE (800 mcg Folic Acid)	226%
Vitamin B12 (as Cyanocobalamin) 10 mcg	357%
Biotin (as D-Biotin) 200 mcg	571%
Choline (as Choline Bitartrate) 20 mg	4%
Pantothenic acid (as Calcium Pantothenate) 10 mg	143%
Iron (as Ferrous fumarate) 18 mg	67%
Iodine (as Potassium Iodide) 150 mcg	52%
Selenium (as Selenium yeast) 70 mcg	100%

Other Ingredients: Rice Bran Oil, Gelatin (of bovine origin), Glycerin, Purified Water, Beeswax, Sunflower Lecithin and Color (Lycopene and Annatto).

Distributed by:
Mountain Meadow Herbs, Inc.
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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.

Servings Per Container: 60

Amount Per Serving	%DV
Magnesium (as Mg Oxide and Mg Citrate) 200 mg	50%
Zinc (as Amino acid chelate Zinc) 15 mg	115%
Copper (as Copper Gluconate) 2 mg	154%
Manganese (as Manganese Citrate) 2 mg	77%
Chromium (as Amino acid chelate Chromium) 120 mcg	267%
Potassium (as Potassium Citrate) 60 mg	†
Coenzyme Q10 50 mg	†
Inositol 16 mg	†
Hesperidin Complex (from Citrus aurantium Fruit) 50 mg	†
Ginger (Zingiber officinale) Root Extract 30.6 mg	†
Peppermint (Mentha piperita) Leaf Extract 20 mg	†
Alfalfa (Medicago sativa) Leaf Powder 20 mg	†
Red Raspberry (Rubus idaeus) Leaf Powder 20 mg	†
Cranberry (Vaccinium macrocarpon) Fruit powder 20 mg	†
Stinging Nettle (Urtica dioica) Leaf Powder 20 mg	†
† Daily Value (DV) not established.	

SUGGESTED USE: Adults: Take 2 softgels daily, preferably with meals unless otherwise directed. Caution: If you have a medical condition, or are taking a prescription, consult your health care provider before using this product. Keep out of reach of children. Store in a cool, dry place out of sunlight.

SUPPORT A HEALTHY PREGNANCY*

- A healthy blend of vitamins, minerals, and herbs*
- Easy on the stomach*
- Meets or exceeds the Recommended Daily Value of 14 vitamins and minerals*

The MMH Three-Leaf Promise:

Our high-standards produce nothing less than **Pure, Safe, and Effective** herbal products.

You will always feel that **We Care**—through our products, our service, and our understanding.

We Deliver On Time.



WARNING: Consuming this product can expose you to chemicals including lead which are known to the state of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food