

- ** From L-OptiZinc®
- *** From ChromeMate®
- **** From Neuromins™, a highly purified source of DHA from microalgae. Neuromins™ is a trademark of Martek.

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Contains No sugar, salt, yeast, wheat, gluten or artificial colors.

Suggested Use: As a dietary supplement, adults take four (4) tablets daily at mealtime, or as directed by a health care professional.

Store in a cool, dry place and away from direct light.

WARNING: Consult your physician prior to using this product if you are pregnant or nursing, taking medications or have a medical condition. Discontinue use two weeks prior to surgery.

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.



**Ron
Teegarden
Nutraceuticals**

Prenatal Plus

**WITH DHA, GINGER AND
1,333 MCG DFE OF FOLATE**

Dietary Supplement
120 Tablets

SUPPLEMENT FACTS

Serving Size 4 Tablets
Serving Per Container 30

Amount Per Serving			% Daily Value	Amount Per Serving			% Daily Value
Vitamin A	3,696 mcg RAE (10,000 IU)	(as acetate, beta carotene)	411%	Magnesium	450 mg	(from oxide, citrate, amino acid chelate)	107%
Vitamin C (as ascorbic acid)	150 mg		167%	Zinc (from monomethionine)**	15 mg		136%
Vitamin D	10 mcg (400 IU)	(as cholecalciferol)	50%	Selenium	100 mcg	(from amino acid chelate)	182%
Vitamin E	62 mg	(as d-alpha succinate)	413%	Copper	2 mg	(from amino acid chelate)	222%
Vitamin K	100 mcg	(as phytonadione)	83%	Manganese	5 mg	(from amino acid chelate)	217%
Vitamin B-1	25 mg	(as thiamine hydrochloride)	2,083%	Chromium	200 mcg	(from polynicotinate)***	571%
Riboflavin	25 mg		1,923%	Molybdenum	25 mcg	(from amino acid chelate)	56%
Niacin (as niacinamide)	25 mg		156%	Potassium	25 mg	(from amino acid chelate)	<1%
Vitamin B-6	25 mg	(as pyridoxine hydrochloride)	1,471%	Inositol	10 mg		*
Folate	1,333 mcg DFE (800 mcg folic acid)		333%	PABA	10 mg	(para amino benzoic acid)	*
Vitamin B-12	100 mcg	(as cyanocobalamin)	4,167%	DHA**** Powder	278 mg	(Standardized to 18% [50 mg] DHA)****	*
Biotin	300 mcg		1,000%	Ginger	75 mg	(Zingiber officinale) root powder	*
Vitamin B-5	40 mg	(as d-calcium pantothenate)	800%	Chamomile	50 mg	(Matricaria Chamomilla) flower extract	*
Choline (from bitartrate)	10 mg		2%	Raspberry	25 mg	(Rubus ideaus) leaves powder	*
Calcium	800 mg	(from carbonate, citrate, amino acid chelate)	62%	* Daily Value not established			
Iron (from amino acid chelate)	18 mg		100%				
Iodine (from kelp)	150 mcg		100%				

Other Ingredients: Cellulose, vegetable stearin, food glaze with vanilla coating, vanillin, silica, and magnesium stearate.

