



PRENATAL & NURSING FORMULA

MULTIPLE VITAMIN/MINERAL/
TRACE ELEMENT SUPPLEMENT

90 CAPSULES



Supplement Facts

Serving Size 3 Capsules • Servings Per Container 30

Amount Per 3 Capsules	% Daily Value for Pregnant & Lactating Women	
Vitamin A (as natural carotenes (beta-carotene, alpha-carotene and beta-cryptoxanthin) from <i>D. salina</i>)	1,500 mcg RAE	115%
Vitamin C (as L-ascorbic acid)	100 mg	83%
Vitamin D ₃ (as cholecalciferol)	50 mcg	333%
Vitamin E (57% as RRR-alpha-tocopheryl acid succinate, 43% as RRR-alpha-tocopherol)	46 mg	242%
Vitamin K (as vitamin K ₂ (menaquinone-7))	60 mcg	67%
Thiamin (as thiamin HCl)	3.4 mg	243%
Riboflavin	4 mg	250%
Niacin (75% as niacinamide and 25% as niacin)	20 mg NE	111%
Vitamin B ₆ (50% as pyridoxine HCl and 50% as pyridoxal 5'-phosphate)	15 mg	750%
Folate (as Metafolin [†] calcium L-5-methyltetrahydrofolate)	1,360 mcg DFE (800 mcg)	227%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	17,857%
Biotin (D-biotin)	300 mcg	857%
Pantothenic Acid (as calcium D-pantothenate)	10 mg	143%
Choline (as choline bitartrate)	150 mg	27%

Other ingredients: Vegetarian capsule (hydroxypropyl methylcellulose, water), microcrystalline cellulose, silicon dioxide, stearic acid, and natural citrus flavor.

Manufactured by: SFI USA
Reno, NV 89521 • Klaire.com

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under the age of 6. KEEP OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or poison control center immediately.

Caution: If you are pregnant, nursing, have a medical condition, or taking prescription drugs, consult your physician before using this product.

Free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat, and gluten. Contains no artificial colors, flavors, or preservatives.

Amount Per 3 Capsules	% Daily Value for Pregnant & Lactating Women	
Calcium (as calcium citrate-malate complex)	100 mg	8%
Iron (as TRAACS [®] and Ferrochel [®] ferrous bisglycinate chelate ^{‡‡})	27 mg	100%
Iodine (as potassium iodide)	150 mcg	52%
Magnesium (80% as magnesium citrate complex and 20% as magnesium oxide)	125 mg	31%
Zinc (as TRAACS [®] zinc bisglycinate chelate ^{‡‡})	15 mg	115%
Selenium (as Se-methylseleno-L-cysteine)	50 mcg	71%
Copper (as TRAACS [®] copper bisglycinate chelate ^{‡‡})	0.5 mg	38%
Chromium (as TRAACS [®] chromium nicotinate glycinate chelate ^{‡‡})	75 mcg	167%
Molybdenum (as TRAACS [®] molybdenum glycinate chelate ^{‡‡})	10 mcg	20%

Natural Mixed Tocopherols (RRR-gamma, RRR-delta, RRR-beta) 5 mg *

Natural Mixed Carotenoids (lutein and zeaxanthin from *D. Salina*) 30 mcg *

*Daily Value not established.

Suggested Use: Adults: Before, during and after pregnancy (and/or while breast feeding) take 3 capsules daily with food or as directed by healthcare professional. Not intended for children.

[†]Metafolin[®] is a registered trademark of Merck KGaA, Darmstadt, Germany

^{‡‡}Albion[®], TRAACS[®], and Ferrochel[®] are registered trademarks of Albion Laboratories, Inc.

Do not use if shrinkwrap is broken or missing. Store in a cool, dry place (59°F-85°F) away from direct light.

Produced under a strict quality management system in compliance with Good Manufacturing Practices (GMPs) and third-party quality certifications.

