



Fem Prenatal

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 For product information call/
 Pour des informations sur les produits appelez:
 US 800-692-9400 • Canada 800-268-6200
 NPN: 80050697

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LOT: 0000000
 EXP: 00/00



*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.

Fem Prenatal® is a high quality multivitamin and mineral supplement in convenient, once-daily packets designed to provide important maternal nutrition and support healthy fetal growth and development. It is well accepted that the nutritional status of the mother plays an important role throughout pregnancy.*

Since pregnancy may impose an increased demand for certain nutrients, most doctors recommend the added insurance of a multivitamin and mineral supplement. Fem Prenatal is specifically formulated to provide a spectrum of essential nutrients in forms that may be gentler to the system.*

Directions: Take one packet daily with food or as directed by your healthcare practitioner. Each packet contains two (green) multi tablets and four (white) mineral tablets.

This product is non-GMO and gluten-free.

Warning: Excess vitamin A may increase the risk of birth defects. Pregnant women and women who may become pregnant should not exceed 3,000 mcg of preformed vitamin A (retinyl palmitate) per day.

Note: This product has a tamper-evident seal. Do not use if the seal is broken. Store this product in a cool, dry place.



Fem Prenatal®

Gentle vitamin & mineral support
 for pregnant women*

DIETARY
 SUPPLEMENT

30 PACKETS

PRACTITIONER EXCLUSIVE

Once
 Daily Packet

Supplement Facts

Serving Size 1 Packet
 Servings Per Container 30

| | Amount Per Serving | % Daily Value For Adults and Children 4 or more Years of Age | % Daily Value For Pregnant and Lactating Women | | Amount Per Serving | % Daily Value For Adults and Children 4 or more Years of Age | % Daily Value For Pregnant and Lactating Women |
|---|--------------------|--|--|--|--------------------|--|--|
| Total Carbohydrate | 1 g | <1%** | <1%** | Biotin | 300 mcg | 1,000% | 857% |
| Dietary Fiber | 1 g | 4%** | 4%** | Pantothenic Acid (as calcium D-pantothenate) | 20 mg | 400% | 286% |
| Vitamin A (from mixed carotenoids and retinyl palmitate) | 1,200 mcg | 133% | 92% | Calcium (as calcium citrate) | 500 mg | 38% | 38% |
| Vitamin C (as ascorbic acid and niacinamide ascorbate) | 250 mg | 278% | 208% | Iron (as iron glycinate) | 30 mg | 167% | 111% |
| Vitamin D (as cholecalciferol) | 10 mcg (400 IU) | 50% | 67% | Iodine (as potassium iodide) | 175 mcg | 117% | 60% |
| Vitamin E (as d-alpha tocopheryl succinate) | 60.3 mg | 402% | 317% | Magnesium (as magnesium citrate and magnesium aspartate) | 250 mg | 60% | 63% |
| Vitamin K (as phytonadione USP) | 65 mcg | 54% | 72% | Zinc (as zinc citrate) | 25 mg | 227% | 192% |
| Thiamin (as thiamin mononitrate) | 3.4 mg | 283% | 243% | Selenium (as selenium aspartate) | 75 mcg | 136% | 107% |
| Riboflavin | 3.4 mg | 262% | 213% | Copper (as copper citrate) | 2 mg | 222% | 154% |
| Niacin (as niacinamide ascorbate) | 35 mg | 219% | 194% | Manganese (as manganese citrate) | 1.2 mg | 52% | 46% |
| Vitamin B6 (as pyridoxine HCl) | 10 mg | 588% | 500% | Chromium (as chromium citrate) | 25 mcg | 71% | 56% |
| Folate (as calcium L-5-methyltetrahydrofolate) [†] | 1,700 mcg DFE | 425% | 283% | Molybdenum (as molybdenum aspartate complex) | 25 mcg | 56% | 50% |
| Vitamin B12 (as methylcobalamin) | 120 mcg | 5,000% | 4,286% | Myo-Inositol | 50 mg | *** | *** |

Other Ingredients for Multi Tablets: Microcrystalline cellulose, croscarmellose sodium, cellulose, stearic acid (vegetable), silica, and coating [hydroxypropylcellulose, and sodium copper chlorophyllin (color)].

Other Ingredients for Mineral Tablets: Microcrystalline cellulose, cellulose, croscarmellose sodium, stearic acid (vegetable), silica, and coating [hydroxypropylcellulose, and hydroxypropylcellulose].

MANUFACTURED BY: METAGENICS, GIG HARBOR, WA 98332 • 800 692 9400 • METAGENICS.COM

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of the reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

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