

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT
PLEASE RECYCLE



Recommendations

2 to 3 capsules two times a day with food, or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

CONTAINS NO COATINGS, BINDERS, YEAST, WHEAT, GLUTEN, MILK/DAIRY, SOY PROTEIN, EGGS, SUGAR, HYDROGENATED OIL, ARTIFICIAL COLORING, ARTIFICIAL FLAVORING OR PRESERVATIVES.

Independently tested for authenticity, potency, solvent residue, stability and bacteria, yeast and mold counts.

manufactured by
VITAL NUTRIENTS
45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA
Made in the USA

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.



PreNatal Multi-Nutrients

DIETARY SUPPLEMENT
180 CAPSULES

Supplement Facts

serving size: 6 capsules — servings per container: 30

	amt. per serving	% daily value
Vitamin A (acetate)	5,000iu	62.5%
Natural Beta carotene with mixed carotenes	5,000iu	*
Ascorbic acid 100% (pure powder)	500mg	833%
Vitamin D3 (cholecalciferol)	800iu	200%
D-alpha tocopheryl succinate (natural vitamin E)	400iu	1333%
Thiamine HCl (B-1)	50mg	2941%
Riboflavin (pure powder B-2)	10mg	500%
Niacinamide	50mg	250%
Pyridoxine HCl (B-6)	50mg	1645%
Folic acid (pure powder)	1mg	125%
Methylcobalamin (pure B-12)	200mcg	2500%
Biotin (pure powder)	300mcg	100%
Calcium pantothenate (B-5)	100mg	916%
Iodine (potassium iodide)	225mcg	150%
Calcium (citrate/malate)	450mg	34%
Magnesium (citrate)	200mg	44%
Zinc (citrate)	25mg	166%
Selenium (selenomethionine)	200mcg	285%
Manganese (citrate)	5mg	250%
Chromium (polynicotinate)	200mcg	166%
Molybdenum (citrate)	50mcg	66%
Potassium (chloride)	90mg	*
Boron (citrate)	1mg	*
Vanadium (citrate)	50mcg	*
Copper (glycinate)	2mg	100%
Iron (aspartate)	30mg	166%
Vitamin K1	100mcg	125%

*Daily value not established.

Other Ingredients: Gelatin Capsule. May contain Ascorbyl Palmitate and/or Silica.