

DIRECTIONS: Take 2 capsules daily with food as a dietary supplement or as directed by a healthcare professional.



KEEP OUT OF REACH OF CHILDREN.
Protect from heat, light & moisture.
Store in a cool, dry place.
Do not purchase if seal is broken.

 **MADE IN THE U.S.A.**
FROM GLOBALLY SOURCED
INGREDIENTS

†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.

 WINDMILL. windmillvitamins.com

NO SUGAR, WHEAT, SOY, MILK
ARTIFICIAL COLORS,
FLAVORS OR PRESERVATIVES

ITEM: 244NL



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Prenatal Support

NOURISH AND SUPPORT MOM & BABY†
PROMOTES HEALTHY DEVELOPMENT†

90 CAPSULES | 45 SERVINGS | DIETARY SUPPLEMENT

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 45

	Amount Per Serving	%Daily Value for Pregnant & Lactating Women
Vitamin A (as retinyl palmitate)	750 mcg	58%
Vitamin C (as ascorbic acid)	60 mg	50%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	67%
Vitamin E (as d-alpha tocopheryl succinate)	10 mg	53%
Thiamin (as thiamin hydrochloride)	1.5 mg	107%
Riboflavin	2 mg	125%
Niacin (as niacinamide)	10 mg	56%
Vitamin B6 (as pyridoxine hydrochloride)	30 mg	1,500%
Folate (as L-5-Methyltetrahydrofolate calcium)	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	6 mcg	214%
Biotin	300 mcg	857%
Pantothenic acid (as d-calcium pantothenate)	5 mg	71%
Choline (as choline bitartrate)	9 mg	<2%
Iron (as ferrous fumarate)	18 mg	67%
Iodine (as potassium iodide)	150 mcg	52%
Magnesium (as magnesium glycinate)	30 mg	8%
Zinc (as zinc oxide)	10 mg	77%
Selenium (as selenium amino acid chelate)	20 mcg	29%
Copper (as copper bisglycinate chelate)	1 mg	77%
Chromium (as chromium nicotinate glycinate chelate)	30 mcg	67%

Omega 3 Fatty Acid:	50 mg *	*
Algal DHA powder (40% docosahexaenoic acid - DHA)		*
Vitamin K2 (as menaquinone-7)	30 mcg	*
Ginger root extract (5% gingerols)	25 mg	*
Boron (as bororganic glycine)	1 mg	*

*Daily Value not established.

Other ingredients: Microcrystalline cellulose, hypromellose (capsule), magnesium stearate, silica.