

SUGGESTED USE: For pregnant and nursing mothers take 2 capsules per day with or without food.

CAUTION: Do not exceed suggested use. As with any dietary supplement, consult your healthcare practitioner before using this product. Keep out of reach of children.

This product is not a good source of iron.

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.

DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE, WITH A LID.

Developed and distributed by
Dr. Eric Berg DC

To reorder:
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Dr. Berg Nutritionals®
4501 Ford Avenue, Alexandria, VA 22302



Dr. Berg®

THE KNOWLEDGE DOC®

NATURAL PRENATAL VITAMIN

WITH ESSENTIAL TRACE MINERALS,
FOLATE, AND OMEGAS

Vitamin A
5000 IU

Vitamin C
60 mg

Vitamin D
10,400 IU

60 Capsules
Dietary Supplement



Supplement Facts

Serving size 2 capsules
Servings per container 30

| | Amount per Serving | % Daily Value for Pregnant Women* |
|--|-----------------------|--------------------------------------|
| Vitamin A (100% as beta-carotene) | 250 mcg RAE (5000 IU) | 19% |
| Vitamin C | 60 mg | 50% |
| Vitamin D | 260 mcg (10,400 IU) | 1733% |
| Vitamin K | 80 mcg | 89% |
| Thiamin (vitamin B1) | 1.4 mg | 100% |
| Riboflavin (vitamin B2) | 1.6 mg | 100% |
| Niacin | 20 mg | 111% |
| Vitamin B6 | 2 mg | 100% |
| Folate | 650 mcg DFE | 108% |
| Vitamin B12 | 2.8 mcg | 100% |
| Biotin | 300 mcg | 857% |
| Pantothenic acid | 10 mg | 143% |
| Iodine | 75 mcg | 26% |
| Zinc | 15 mg | 38% |
| Manganese | 1 mg | ** |
| Beef liver powder | 350 mg | ** |
| Sea buckthorn (<i>Hippophae rhamnoides L.</i>) (fruit) | 200 mg | ** |
| Trace mineral complex | 5 mg | ** |

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

Ingredients: Fruit and vegetable blend (spinach [leaf], broccoli [flower & stem], carrot [root] beet [entire plant], tomato [fruit], shiitake mushroom, apple [fruit], cranberry [fruit], orange [fruit], blueberry [fruit], strawberry [fruit]), beef liver powder, vegetable capsule, sea buckthorn (*Hippophae rhamnoides L.*) (fruit), cholecalciferol, zinc amino acid chelate, kelp, manganese amino acid chelate, trace mineral complex, calcium 5-methyltetrahydrofolate, methylcobalamin

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