

PRODUCT BENEFITS: This unique formulation is an excellent source of many of the vitamins and minerals pregnant and nursing women need most, PLUS the benefits of Ginger Root, Cranberry and Peppermint Oil. This formula is also rich in Folic Acid, Iron, and Vitamins A, C, and E. Healthy diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect. Folate intake should not exceed 1000 mcg.

Directions: For adult women, take four (4) tablets daily preferably with a meal or follow the advice of your health care professional. As a reminder, discuss the supplements and medications you take with your health care providers.

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

PROD. NO. 8990

To refill please call 1-800-765-6775

or visit www.physiology.com

Carefully Manufactured by PhysioLogics

One Nutrition Plaza, Carbondale, IL 62901 U.S.A.

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PhysioLogics®

Pre-Natal Formula

For Pregnant and Nursing Mothers

with *Folic Acid and Calcium*

Dietary Supplement
120 Tablets



Supplement Facts

Serving Size 4 Tablets
Servings Per Container 30

Amount Per Serving		%Daily Value for Pregnant and Lactating Women
Vitamin A (as Retinyl Acetate)	5,500 IU	69%
Vitamin C (as Ascorbic Acid)	60 mg	100%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-Alpha Tocopheryl Acid Succinate)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.7 mg	100%
Riboflavin (Vitamin B-2)	2 mg	100%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.5 mg	100%
Folic Acid	800 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	100%
Biotin (as d-Biotin)	300 mcg	100%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	100%
Calcium (as Calcium Carbonate, Calcium Citrate, Dicalcium Phosphate, and D-Calcium Pantothenate)	1,300 mg (1.3 g)	100%

Iron (as Ferrous Fumarate)	18 mg	100%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (as Magnesium Oxide)	450 mg	100%
Zinc (as Zinc Citrate)	15 mg	100%
Selenium (as Sodium Selenate)	35 mcg	*
Copper (as Copper Gluconate)	2 mg	100%
Manganese (as Manganese Gluconate)	2 mg	*
Chromium (as Chromium Picolinate)	60 mcg	*
Molybdenum (as Sodium Molybdate)	75 mcg	*
Potassium (as Potassium Chloride and Potassium Citrate)	10 mg	*
Sodium	15 mg	*
Cranberry Fruit Powder (Vaccinium macrocarpon)	60 mg	*
Choline (as Choline Bitartrate)	20 mg	*
Ginger Root (Zingiber officinale)	20 mg	*
Inositol	20 mg	*
Peppermint Oil (Mentha piperita)	20 mg	*
PABA (Para-Aminobenzoic Acid)	2 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (Plant Origin), Croscarmellose, Silica, Cellulose Coating, Vegetable Stearic Acid, Titanium Dioxide Color, Vegetable Magnesium Stearate, Gelatin, Yellow No. 6 Lake, Red No. 40 Lake, Mannitol, Blue No. 1 Lake.

FREE OF: artificial flavor, preservatives, sugar, milk, lactose, gluten, wheat, yeast, fish.

TAMPER RESISTANT: Do not use if seal under cap is broken or missing.
KEEP OUT OF REACH OF CHILDREN. Store in a dry place and avoid excessive heat.

Laboratory Tested to Guarantee Quality
For Health Care Professional Use Only
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