

Other Ingredients
No nutritional claims made for these ingredients.

	AMOUNT PER SERVING	% DV
BETA CAROTENE	150 IU *	100 %
RETINOL (HCl)	100 MG *	200 %
BIOF AVONOL (From Citrus)	2 MG *	2 MG *
BORON (From Krebs Cycle Boron)	3 MG *	3 MG *
CHOLINE (Biotin)	100 MG *	100 MG *
DHA (Docosahexaenoic Acid)	200 MG *	200 MG *
GLA (From Hemp)	2 MG *	2 MG *
GLUTAMIC ACID (HCl)	30 MG *	30 MG *
HESPERIDIN (From Citrus)	5 MG *	5 MG *
INOSITOL	75 MG *	75 MG *
PABA (Para Amino Benzoic Acid)	69 MG *	69 MG *
PAPAYA (Fruit - Organic)	4 MG *	4 MG *
ROUTIN	5 MG *	5 MG *
VIT E MIXED TOCOPHEROLS (Gamma)	7 MG *	7 MG *
ORGANIC HERB A WHOLE FOOD BLEND:	50 MG *	50 MG *
Rose Hips, Kale B, Broccoli, Spirulina H, Alfalfa E, Prune F.		

OTHER INGREDIENTS: Microcrystalline Cellulose, Croscarmellose Sodium, Magnesium Stearate, Stearic Acid, Calcium Silicate

*Daily Value Not Established
*New Plant cellulose tablet coating contains citrus & vanilla flavoring.

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.

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ENRICHED WITH ORGANIC HERBS & GREEN FOODS
Certified organic herbs and green foods are organically grown and processed in accordance with the California Organic Foods Act of 1990.

VEGETARIAN | HYPOALLERGENIC | GLUTEN FREE
Contains no: gluten, gelatin, nuts, wheat, yeast, pollen, sugar, soy, buckwheat, dairy, corn or soy residues, hidden additives, sodium aluminum silicate, dyes or artificial colorings.

FORMULATED BY AND MANUFACTURED FOR
SuperNutrition™
www.SuperNutritionUSA.com
Oakland, CA 94612 | 800.262.2116
*See website for details on Money Back Guarantee

0 33739 00144 4

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Supplement Facts
Serving Size 6 Tablets • Servings Per Container 30

	AMOUNT PER SERVING	% DV
VITAMIN A (Palmitate)	5000 IU	1000 %
VITAMIN C (Ascorbic Acid)	1200 MG	2000 %
VITAMIN D (Vitamin D3)	4000 IU	1000 %
VITAMIN E (Natural Vitamin E Succinate)	4000 IU	1333 %
VITAMIN K1 (Phylloquinone)	80 MCG	100 %
VITAMIN K2 (MK7)	90 MCG	113 %
THIAMINE (Vitamin B1)	75 MG	5000 %
RIBOFLAVIN (Vitamin B2)	70 MG	4118 %
VITAMIN B3 (Niacin - Two-Stage, Low Flush)	66 MG	330 %
VITAMIN B3 (Nicotinamide)	56 MG	280 %
PYRIDOXINE (Vitamin B6)	70 MG	3500 %
PYRIDOXAL 5 PHOSPHATE	25 MG	1250 %
FOLIC ACID	1000 MCG	250 %
CYANOCOBALAMIN (Vitamin B12)	250 MCG	4167 %
BIOTIN (d-Biotin)	660 MCG	220 %
PANTOTHENIC ACID (Calcium Pantothenate)	175 MG	1750 %
CALCIUM CARBOXYLATE (Citrate)	1200 MG	120 %
IRON (Ferrous Carbamate & Citrate)	40 MG	222 %
IODINE (From Kelp)	275 MCG	183 %
MANGANESE (Chelate & Glycinate)	660 MG	183 %
ZINC (Oxide & Citrate)	30 MG	200 %
SELENIUM (Sodium Selenite)	250 MCG	357 %
COPPER (Glycinate)	2.3 MG	235 %
MANGANESE (Sulfate & Citrate)	10 MG	500 %
CHROMIUM (Polynicotinate & Picolinate)	250 MCG	208 %
MOLYBDENUM (Ferrochel)	150 MCG	200 %
POTASSIUM (Chloride & Succinate)	80 MG	3 %

*Iron pre-coated to prevent interaction with Vitamin E and other nutrients.

A dietary supplement for pre and post-natal women. Tablets are food-based for fast, easy digestion.

DIRECTIONS: TAKE 2 TABLETS AFTER EACH MEAL THREE TIMES PER DAY

Organic Whole Food-Based Tablets

Store in a cool, dry place or frost-free refrigerator. Product color and aroma may vary or change over time due to natural ingredients.

***Improved Formula.**
Now with more of the nutrients you want. See our website.

NEW! IMPROVED FORMULA! LOOK

Super Nutrition™
SINCE 1977

PreNatal Blend
FOR PRE AND POST-NATAL WOMEN

Specifically formulated to provide the most effective multivitamins known to science to support a healthy pregnancy and a healthy baby.*

180 MULTIVITAMIN MULTIMINERAL SUPPLEMENT

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optimal plus body nutrition™

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optimal plus body nutrition™

Vitamins are essential for life.
It takes only a small amount of vitamins to survive. It takes lots more to thrive.

There are over 25,000 studies in the National Library of Medicine on vitamin potencies. Together they show that vitamin potency makes the difference.

Healthy pregnancy! Healthy baby!
Fortified with specific vitamin and mineral potencies to support a healthy pregnancy and a healthy baby.*

There's more in it for you & your baby!
The blend of nutrients and potencies reduces the need to take additional vitamins or minerals and take extra tablets.*

Bone health. You get 1200 mg of Calcium, 4000 IU of Vitamin D, 650 mg of Magnesium and 90 mcg of Vitamin K2 (MK7) for better baby's bone health.*

Reduced risk of birth defects. With 1000 mcg of Folic Acid, 4000 IU of Vitamin D, 5,000 IU of Vitamin A and 40 mg of Iron to reduce risk of birth defects and premature delivery.*

Gentle on the stomach.
More Papaya to soothe your stomach.*

See The Proof.
www.SuperNutritionUSA.com/science.php

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