

Vegan. Free of gluten • wheat • milk/dairy • nuts • soy • eggs • fish • shellfish • yeast • sugar • artificial additives.

#1 Natural Prenatal Brand[†]

JUST1ONCE[®]

100% Recycled, 100% Recyclable,
BPA-Free Bottle

Remove label to recycle bottle.
To open, press along perforation.

New Look,
Same
Formula!



Prenatal One[™]
Food-Based Multivitamin

Complete nutrition for Mom & Baby^{*}
Energizes, eases discomfort & non-constipating^{*}
Easy to digest with probiotics & enzymes

Vegan | Gluten-Free
90 Tablets | Dietary Supplement

#1 Natural Prenatal Multivitamin[†] – complete food-based nutrition.

Just 1 tablet per day supports Mom and Baby from conception through nursing.

- **Nourishes Mom's health and Baby's development^{*}**
Folic acid • non-constipating iron • B vitamins • choline
• 2:1 calcium to magnesium • vitamins D & K
- **Enhances cell & immune health, & energy^{*}**
Antioxidants • B vitamins • Gentle Prenatal Food Blend
- **Eases muscle aches & discomfort^{*}**
Magnesium • ginger • vitamins C, K & B6
- **Easy digestion: can be taken on an empty stomach^{*}**
Probiotics • enzymes • organic spirulina

SUGGESTED USAGE: Take 1 tablet a day, with or between meals, while trying to conceive, pregnant or nursing.

Your purchase sends life-saving nutrition to at-risk women and children worldwide.

Consult a health care professional prior to use if you are taking medication or have a medical condition.

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.

* 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.

Formulated & Distributed by **RAINBOW LIGHT NUTRITIONAL SYSTEMS[®]**
Santa Cruz, CA 95060 ©2013 800.571.4701 www.rainbowlight.com
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[†]SPINS Data

Supplement Facts

Serving Size: 1 Tablet
Servings per Container: 90

Amount Per Serving	%DV [†]	Amount Per Serving	%DV [†]
Vitamin A (as Palmitate, Beta-carotene)	4,000 IU 50%	Selenium (as Selenomethionine)	100 mcg *
Vitamin C (as Ascorbic Acid)	100 mg 167%	Copper (as Amino Acid Chelate)	2 mg 100%
Vitamin D (as D2 Ergocalciferol)	400 IU 100%	Manganese (as Citrate)	2 mg *
Vitamin E (as d-alpha Tocopheryl)	30 IU 100%	Chromium (as Amino Nicotinate)	120 mcg *
Vitamin K (as Phytonadione)	65 mcg *	Molybdenum (as Amino Acid Chelate)	75 mcg *
Vitamin B-1 (as Thiamin Mononitrate)	10 mg 588%	Potassium (as Citrate)	10 mg *
Riboflavin (Vitamin B-2)	10 mg 500%	Citrus Bioflavonoid Complex	25 mg *
Niacin (as Niacinamide)	20 mg 100%	Choline (as Bitartrate)	10 mg *
Vitamin B-6 (as Pyridoxine)	15 mg 600%	Inositol	10 mg *
Folic Acid	800 mcg 100%	Boron (as Glycinate)	1 mg *
Vitamin B-12 (as Cyanocobalamin)	25 mcg 313%	Gentle Prenatal Blend	90 mg *
Biotin	300 mcg 100%	(equivalent to 320 mg food & herbal powder)	
Vitamin B-5 (as Calcium Pantothenate)	15 mg 150%	Red Raspberry [leaf]	
Calcium (as Carbonate, Citrate-Malate)	200 mg 15%	2:1 Extract, Ginger [rhizome]	
Iron (as Amino Acid Chelate)	30 mg 167%	Fresh Juice	
Iodine (from Kelp)	150 mcg 100%	10:1 Extract, Organic Spirulina	
Magnesium (as Oxide)	100 mg 22%	Complete Digestive Support	24 mg *
Zinc (as Citrate)	15 mg 100%	Protease (664 HUT*)	
		Amylase (226 DU*)	
		Lipase (2 FIP*)	
		Cellulase (3 GU*)	
		ProBioActive [®] (Bacillus coagulans)	25,000,000 CFU *

*Daily Value (DV) not established.
†% DV for pregnant or lactating women

Other Ingredients (natural mineral and vegetable source): microcrystalline cellulose, stearic acid, modified cellulose, silica. Coating: Vegetable food glaze (Hydroxy propyl cellulose, pharmaceutical glaze).