

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

#1 Natural Prenatal Brand[†]

JUST 1 ONCE[®]

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

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

#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***
800 mcg folic acid • non-constipating iron • B vitamins • choline • 2:1 calcium to magnesium • vitamins D & K
- **Enhances cell & immune health, & natural 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 • plant-source 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[®]

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800.571.4701 www.rainbowlight.com

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

150 Tablets | Dietary Supplement

Supplement Facts			
Serving Size: 1 Tablet Servings per Container: 150			
Amount Per Serving	%DV ¹	Amount Per Serving	%DV ¹
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 FIU*), Cellulase (3 CU*)	
		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).