

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.

Please 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⁺

Aids digestion with probiotics & enzymes

Vegan | Gluten-Free

30 Tablets | Dietary Supplement

Supplement Facts

Continued from other panel

	Amount Per Serving	DV% [†]
Inositol	10 mg	*
Boron (as Glycinate)	1 mg	*
Gentle Prenatal Blend	90 mg	*
(equivalent to 320 mg food & herbal powder) Red Raspberry [leaf] 2:1 Extract, Ginger [rhizome] Fresh Juice 10:1 Extract, Organic Spirulina		
Complete Digestive Support	24 mg	*
Protease (664 HUT*), Amylase (226 DU*), Lipase (2 FIP*), Cellulase (3 CU*)		
ProBioActive™ (<i>Bacillus coagulans</i>)	25,000,000 CFU	*

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

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

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.

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 ©2014 800.571.4701 www.rainbowlight.com

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SPINS Data

Supplement Facts

Serving Size: 1 Tablet

Servings per Container: 30

	Amount Per Serving	DV% [†]		Amount Per Serving	DV% [†]
Vitamin A (as Palmitate, Beta-Carotene)	4,000 IU	50%	Acid Chelate)	30 mg	167%
Vitamin C (as Ascorbic Acid)	100 mg	167%	Iodine (from Kelp)	150 mcg	100%
Vitamin D (as D2 Ergocalciferol)	400 IU	100%	Magnesium (as Oxide)	100 mg	22%
Vitamin E (as d-alpha Tocopheryl)	30 IU	100%	Zinc (as Citrate)	15 mg	100%
Vitamin K (as Phytonadione)	65 mcg	*	Selenium (as Seleno-methionine)	100 mcg	*
Vitamin B-1 (as Thiamin Mononitrate)	10 mg	588%	Copper (as Amino Acid Chelate)	2 mg	100%
Riboflavin (Vitamin B-2)	10 mg	500%	Manganese (as Citrate)	2 mg	*
Niacin (as Niacinamide)	20 mg	100%	Chromium (as Amino Nicotinate)	120 mcg	*
Vitamin B-6 (as Pyridoxine)	15 mg	600%	Molybdenum (as Amino Acid Chelate)	75 mcg	*
Folic Acid	800 mcg	100%	Potassium (as Citrate)	10 mg	*
Vitamin B-12 (as Cyanocobalamin)	25 mcg	313%			
Biotin	300 mcg	100%	Citrus Bioflavonoid Complex	25 mg	*
Vitamin B-5 (as Calcium Pantothenate)	15 mg	150%	Choline (as Bitartrate)	10 mg	*
Calcium (as Carbonate, Citrate-Malate)	200 mg	15%			
Iron (as Amino					

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