

Solgar® Prenatal Nutrients is a proprietary formula that provides 100% Daily Value of the essential vitamins and minerals for pregnant and lactating women. Nutritional requirements significantly change during this time, and diet alone may not always be enough to meet those needed levels. This supplement provides a balanced combination of nutrients such as Calcium, Vitamin C, Beta-Carotene, Iron, Folic Acid and potent antioxidants which help to fight the cell damaging free radicals that can contribute to oxidative stress, and in turn may contribute to the premature aging of cells.*

If you are taking any medications, planning any medical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Keep out of reach of children. Store at room temperature. Do not use if outer bottle seal is missing or damaged.

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.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

†Unique form of chelated iron (ferrous bisglycinate chelate) formulated for maximum absorption without gastrointestinal irritation or the constipating effects that often accompany iron supplementation. Albion International Inc. US patent No.'s. 5,516,925 and 6,716,814

‡Naturally occurring; therefore amount may vary

Note: L-Tryptophan is naturally occurring

For more information, call toll-free 1-877-SOLGAR 4

www.solgar.com

© 2013 Solgar, Inc.



PRENATAL NUTRIENTS

MULTIVITAMIN & MINERAL
FORMULA FOR PREGNANT
AND LACTATING WOMEN

DIETARY SUPPLEMENT

240 TABLETS
SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE



Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 60

Amount Per Serving	%DV for Pregnant & Lactating Women	Amount Per Serving	%DV for Pregnant & Lactating Women	Amount Per Serving	%DV for Pregnant & Lactating Women
Calories	5	Pantothenic Acid	10 mg ...100%	Chromium	25 mcg***
Total Carbohydrate	<1 g ...<1%**	(as D-Ca pantothenate)		(as chromium picolinate [yeast-free])	
Dietary Fiber	<1 g ...4%**	Calcium	1,300 mg ...100%	Sodium††	10 mg***
Vitamin A	5,000 IU63%	(as calcium carbonate, calcium citrate)		Potassium	50 mg***
(as natural beta-carotene)		Iron	27 mg ...150%	(as potassium gluconate, potassium amino acid complex)	
Vitamin C (as L-ascorbic acid)	100 mg ...167%	(as ferrous bisglycinate chelate†)		Inositol	10 mg***
Vitamin D (as ergocalciferol)	400 IU ...100%	Iodine (as potassium iodide)	150 mcg ...100%	Choline (as choline bitartrate)	4 mg***
Vitamin E	30 IU ...100%	(as d-alpha tocopheryl succinate)		Soy Protein Isolate	160 mg***
(as d-alpha tocopheryl succinate)		Thiamin (vitamin B1)	1.7 mg ...100%	Providing: L-Glutamic Acid, L-Aspartic Acid,	
Thiamin (vitamin B1)	1.7 mg ...100%	(as thiamin mononitrate)		L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine,	
(as thiamin mononitrate)		Riboflavin (vitamin B2)	2 mg ...100%	L-Serine, L-Proline, L-Valine, L-Isoleucine,	
Riboflavin (vitamin B2)	2 mg ...100%	(as L-selenomethionine)		L-Alanine, Glycine, L-Threonine, L-Tyrosine,	
Niacin (vitamin B3)	20 mg ...100%	Copper	2 mg ...100%	L-Histidine, L-Tryptophan, L-Cysteine, L-Methionine	
(as niacinamide)		(as copper gluconate, copper glycinate chelate)		**Percent Daily Values (DV) are based on a 2,000	
Vitamin B6 (as pyridoxine HCl)	2.5 mg ...100%	Manganese	2 mg***	calorie diet	
Folic Acid	800 mcg ...100%	(as manganese gluconate, manganese glycinate chelate)		***Daily Value (DV) not established	
Vitamin B12 (as cyanocobalamin)	8 mcg ...100%				
Biotin	300 mcg ...100%				

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Purple Carrot (color), Vegetable Glycerin, Silica, Vegetable Magnesium Stearate, Titanium Dioxide Color.

SUGGESTED USE: As a dietary supplement for pregnant and lactating women, take four (4) tablets daily, preferably with a meal, or as directed by a healthcare practitioner.

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.

Solgar's KOF-K certification #K-1250



SOLGB51726 02B

CAREFULLY MANUFACTURED BY:
SOLGAR, INC., 500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.