

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
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PRENATAL NUTRIENTS

MULTIVITAMIN & MINERAL
FORMULA FOR PREGNANT
AND LACTATING WOMEN

DIETARY SUPPLEMENT

120 TABLETS

SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE



Supplement Facts

Serving Size: 4 Tablets

Servings Per Container: 30

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 IU.....63%		(as calcium carbonate, calcium citrate)		Potassium.....50 mg.....***	
(as natural beta-carotene)		Iron (as ferrous bisglycinate chelate†).....27 mg.....150%		(as potassium gluconate, potassium amino acid complex)	
Vitamin C (as L-ascorbic acid).....100 mg.....167%		Iodine (as potassium iodide).....150 mcg.....100%		Inositol.....10 mg.....***	
Vitamin D (as ergocalciferol).....400 IU.....100%		Magnesium.....450 mg.....100%		Choline (as choline bitartrate).....4 mg.....***	
Vitamin E.....30 IU.....100%		(as magnesium oxide, magnesium citrate)		Soy Protein Isolate.....160 mg.....***	
(as d-alpha tocopheryl succinate)		Zinc.....15 mg.....100%		Providing: L-Glutamic Acid, L-Aspartic Acid,	
Thiamin (vitamin B1).....1.7 mg.....100%		(as zinc oxide, zinc glycinate chelate)		L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine,	
(as thiamin mononitrate)		Selenium.....25 mcg.....***		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) (as niacinamide).....20 mg.....100%		Copper.....2 mg.....100%		L-Histidine, L-Tryptophan, L-Cysteine, L-Methionine	
Vitamin B6 (as pyridoxine HCl).....2.5 mg.....100%		(as copper gluconate, copper glycinate chelate)			
Folic Acid.....800 mcg.....100%		Manganese.....2 mg.....***			
Vitamin B12 (as cyanocobalamin).....8 mcg.....100%		(as manganese gluconate,			
Biotin.....300 mcg.....100%		manganese glycinate chelate)			

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

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CAREFULLY MANUFACTURED BY:
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