



PRENATAL NUTRIENTS

MULTIVITAMIN & MINERAL
FORMULA FOR PREGNANT
AND LACTATING WOMEN
DIETARY SUPPLEMENT
60 TABLETS
SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE



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

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 15

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		Biotin.....300 mcg.....100%		Chromium.....25 mcg.....**	
Total Carbohydrate.....<1 g.....<1%		Pantothenic Acid.....10 mg.....100%		(as chromium picolinate (yeast-free))	
Dietary Fiber.....<1 g.....4%		(as D-Ca pantothenate)		Sodium††.....10 mg.....**	
Vitamin A.....5,000 IU.....83%		Calcium.....1,300 mg.....100%		Potassium.....50 mg.....**	
(as natural beta-carotene)		Iron.....27 mg.....150%		(as potassium gluconate, potassium amino acid complex)	
Vitamin C.....100 mg.....167%		(as ferrous bisglycinate chelate†)		Inositol.....10 mg.....**	
(as L-ascorbic acid)		Iodine.....150 mcg.....100%		Choline.....4 mg.....**	
Vitamin D.....400 IU.....100%		(as potassium iodide)		(as choline bitartrate)	
(as ergocalciferol)		Magnesium.....450 mg.....100%		Soy Protein Isolate.....160 mg.....**	
Vitamin E.....30 IU.....100%		(as magnesium oxide, magnesium citrate)		Providing: L-Glutamic Acid, L-Aspartic Acid, L-Leucine, L-Arginine, L-Lysine, L-Phenylalanine, L-Serine, L-Proline, L-Valine, L-Isoleucine, L-Alanine, Glycine, L-Threonine, L-Tyrosine, L-Histidine, L-Tryptophan, L-Cysteine, L-Methionine	
(as d-alpha tocopheryl succinate)		Zinc.....15 mg.....100%			
Thiamin (vitamin B1).....1.7 mg.....100%		(as zinc oxide, zinc glycinate chelate)			
(as thiamin mononitrate)		Selenium.....25 mcg.....**			
Riboflavin (vitamin B2).....2 mg.....100%		(as L-selenomethionine)			
Niacin (vitamin B3).....20 mg.....100%		Copper.....2 mg.....100%			
(as niacinamide)		(as copper gluconate, copper glycinate chelate)			
Vitamin B6.....2.5 mg.....100%		Manganese.....2 mg.....**			
(as pyridoxine HCl)		(as manganese gluconate, manganese glycinate chelate)			
Folic Acid.....800 mcg.....100%					
Vitamin B12.....8 mcg.....100%					
(as cyanocobalamin)					

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.

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 inner 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.

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STOP PEELING HERE

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.*

Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord defect.

†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

*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.

Solgar's KOF-K certification #K-1250

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