DIRECTIONS: FOR ADULTS, TAKE ONE (1) TABLET DAILY, PREFERABLY WITH A MEAL. As a reminder, discuss the supplements and medications you take with your health care providers.

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving			%Daily Value for Pregnant and Lactating Women
Vitamin A (as Beta-Carotene)	4,000	IU	50%
Vitamin C (as Ascorbic Acid)	120	mg	200%
Vitamin D (as Cholecalciferol)	400	IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30	IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrat	e) 1.8	mg	106%
Riboflavin (Vitamin B-2)	1.7	mg	85%
Niacin (as Niacinamide)	20	mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6	mg	104%
Folic Acid	800	mcg	100%
Vitamin B-12 (as Cyanocobalamin)	8	mcg	100%
Calcium (as Calcium Carbonate)	200	mg	15%
Iron (as Ferrous Fumarate)	28	mg	156%
Zinc (as Zinc Oxide)	25	mg	167%

Other Ingredients: Vegetable Cellulose, Vegetable Stearic Acid, Calcium Silicate, Vegetable Magnesium Stearate, Titanium Dioxide Color, FD&C Yellow No. 6 Lake, FD&C Red No. 40 Lake, FD&C Blue No. 1 Lake.

Contains fish (cod. pollock, haddock, hake cusk, redfish, sole, flounder) ingredients



Prenatal

Vitamin & Mineral Formula

Compare to Stuart Prenatal**

For Women Before, **During & After Pregnancy**

Sundown Naturals' Prenatal is a good source of Calcium and contains the water-soluble vitamin Folic Acid, an important vitamin for women. Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect.

No Artificial Flavor, No Preservatives, No Sugar, No Milk, No Lactose, No Gluten No Wheat No Yeast No Shellfish Sodium Free

WARNING: If you are pregnant, nursing, taking any medications or planning any medical procedure, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. KEEPTHIS PRODUCT OUT
OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or Poison Control Center immediately.

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT, TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING. Questions? Call toll free 1-888-VITAHELP (848-2435) or visit us at www.sundownnaturals.com



Manufactured by REXALL SUNDOWN, INC. Boca Raton, FL 33487 USA

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100 TABLETS DIETARY SUPPLEMENT