

Country Life's Baby Care Prenatal™ is scientifically formulated to support the special nutritional needs of women during and after pregnancy.** It contains vitamins and minerals that your developing baby needs. With vegetarian DHA and nutrients that support cell development like 1,000 mcg of folic acid, as well as 18 mg of iron and 800 mg of calcium to keep bones strong.**

Also consider Country Life's Baby Care Prenatal Omega 3-6-9. This product offers over 600 mg of Omega fatty acids, including a triple blend of DHA, EPA and GLA. It also includes vitamin B12, calcium, and phosphorus for additional nutritional support.**

Chromax® chromium picolinate and the Chromax logo are registered trademarks of Nutrition 21, Inc. This product has been manufactured at a GMP Registered facility.

YES	CERTIFIED GLUTEN-FREE BY GFCO.ORG	NO	WHEAT OR SOY
YES	CERTIFIED VEGETARIAN BY THE AVA	NO	MILK OR SALT OR SUGAR
YES	RECYCLABLE PACKAGING	NO	PRESERVATIVES
YES	MANUFACTURING SUPPORTS WIND POWER	NO	ARTIFICIAL COLORS
YES	KOSHER	NO	ARTIFICIAL FLAVORS
		NO	ARTIFICIAL SWEETENERS

CAUTION: If you are pregnant, nursing, diabetic, hypoglycemic, taking medication, or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor.

Do not accept if seal is broken. Store between 59°-86° F. Keep out of the reach of children.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a 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.**

Lot No:

Best by:



chromax

Dietary
Supplement

180 Vegetarian
Capsules

— Our PLEDGE of INTEGRITY —
AUTHENTICITY • CLEANLINESS • FRESHNESS
CONSISTENCY • ACCURACY

ESTABLISHED
— 1971 —
Country
Life

BABY CARE PRENATAL™

Certified Gluten-Free



Scientifically formulated
to support the special
nutritional needs of
women during and
after pregnancy**

- 1,000 mcg of Folic Acid
- 18 mg of Iron
- Includes vegetarian DHA

Directions: Adults take six (6) capsules daily (two (2) capsules three (3) times daily with food). Do not exceed recommended dose. As a reminder, discuss the supplements and medications that you take with your health care providers.

Supplement Facts

Serving Size 6 capsules	Servings Per Container 30
Amount Per Serving	% Daily Value
Vitamin A (as retinyl palmitate & natural mixed carotenoids)	5,000 I.U. 63%
Vitamin C (as ascorbic acid)	300 mg 500%
Vitamin D (as ergocalciferol)	200 I.U. 50%
Vitamin E (as d-alpha tocopheryl acid succinate)	200 I.U. 667%
Vitamin K (as phytonadione)	25 mcg *
Thiamin (vitamin B1) (as thiamine hydrochloride)	25 mg 1,471%
Riboflavin (vitamin B2)	37 mg 1,850%
Niacin (as niacinamide)	20 mg 100%
Vitamin B6 (as pyridoxine hydrochloride)	100 mcg 4,000%
Folic Acid	1,000 mcg 125%
Vitamin B12 (as cyanocobalamin)	40 mcg 500%
Biotin (as d-biotin)	300 mcg 100%
Pantothenic Acid (as calcium d-pantothenate)	40 mg 400%
Calcium (as calcium hydroxyapatite [tricalcium phosphate], calcium citrate, calcium d-pantothenate)	800 mg 62%
Iron (as ferrous succinate)	18 mg 100%
Phosphorus (as calcium hydroxyapatite)	404 mg 31%
Iodine (as kelp)	225 mcg 150%
Magnesium (as magnesium rice chelate [rice flour based])	350 mg 88%
Zinc (as zinc monomethionine)	15 mg 100%
Selenium (as L-selenomethionine)	25 mcg *
Copper (as amino acid chelate [rice flour based])	1 mg 50%
Manganese (as amino acid chelate [rice flour based])	7 mg *
Chromium (as chromium picolinate)	120 mcg *
Potassium (as potassium citrate)	99 mg *
Micro-algae DHA Complex	185 mg *
providing: DHA (docosahexaenoic acid)	13 mg *
Taurine (free form)	100 mg *
Ginger (zingiber officinale)(rhizome)	100 mg *
Red Raspberry (rubus idaeus)(leaf)	100 mg *
Betaine (from 50 mg of betaine hydrochloride)	38 mg *
Inositol	25 mg *
Rutin (sophorae japonica lin)(flower)	25 mg *
Citrus Bioflavonoids (from lemon, orange and grapefruit)(peel)	25 mg *
Choline (from 33.5 mg of choline bitartrate)	16 mg *

* Daily Value not established.

Other Ingredients: Cellulose (capsule shell), stearic acid, magnesium stearate, silica, cellulose, dicalcium phosphate.

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CountryLifeVitamins.com
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