

Recommended Dose: Women (19 years and older): Take three capsules daily with a meal, a few hours before or after taking other medications, or as recommended by your healthcare practitioner. **Risk Information:** If you are taking blood thinners, consult your healthcare practitioner prior to use. **Guaranteed** to contain no added wheat, gluten, artificial coloring or flavoring, antimicrobial preservatives or dairy products. Ideal for vegetarians. **The capsules** are made from 100% pure vegetable sources, free of preservatives and additives. **Quality Assurance:** Safety-sealed for your protection and for product freshness. Do not use if outer seal is missing or broken. Store in a cool, dry place.

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.

Seroyal Seroyal USA
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V1.0 156

BARCODE LOCATION
883196 10060



GENESTRA BRANDS

Pregna Vite

PRENATAL / POSTPARTUM
VITAMIN-MINERAL SUPPLEMENT

180 Vegetable Capsules

Supplement Facts

Serving Size 3 Capsules
Servings per Container 60

Each Serving Contains		% DV for Adult Women	% DV for Pregnant & Lactating Women
Vitamin A (vitamin A acetate/ 82% beta-carotene)	4080 IU	82%	51%
Vitamin C (ascorbic acid)	170 mg	283%	283%
Vitamin D (cholecalciferol)	1000 IU	250%	250%
Vitamin E (d-alpha tocopheryl succinate)	45 IU	150%	150%
Vitamin K ₁ (phylloquinone)	90 mcg	113%	*
Thiamin (thiamin mononitrate)	2.8 mg	187%	165%
Riboflavin	2.8 mg	165%	140%
Niacin (niacinamide)	36 mg	180%	180%
Vitamin B ₆ (pyridoxal-5-phosphate)	3.8 mg	190%	152%
Folic Acid	1000 mcg	250%	125%
Vitamin B ₁₂ (methylcobalamin)	50 mcg	833%	625%
Biotin	150 mcg	50%	50%
Pantothenic Acid (calcium d-pantothenate)	12 mg	120%	120%
Calcium (calcium citrate)	200 mg	20%	15%
Iron (ferrous fumarate)	27 mg	150%	150%
Iodine (potassium iodide)	220 mcg	147%	147%
Magnesium (magnesium citrate)	50 mg	13%	11%
Zinc (zinc citrate)	11 mg	73%	73%
Selenium (selenomethionine)	60 mcg	86%	*
Copper (copper citrate)	1 mg	50%	50%
Manganese (manganese citrate)	2 mg	100%	*
Chromium (chromium polynicotinate)	30 mcg	25%	*
Molybdenum (molybdenum citrate)	50 mcg	67%	*
Bilberry (<i>Vaccinium myrtillus</i>) Fruit Extract (100:1) (25% Anthocyanins / 3 g Dried Equivalent)	30 mg	*	*

* Daily Value (DV) not established

Other ingredients: Hypromellose, cellulose, magnesium stearate, silica