

store sealed in a cool dry place

KEEP OUT OF REACH OF CHILDREN
USE ONLY IF SAFETY SEAL IS INTACT

Recommendations

3 capsules 2 times daily with food, or as directed by your healthcare professional.

Warning

If pregnant, consult your physician before taking.

EXCLUDES COATINGS, BINDERS, GLUTEN (WHEAT, RYE, BARLEY)*, MILK/DAIRY (CASEIN, WHEY)*, SOY PROTEIN*, EGG PROTEIN*, SUGAR.

*VERIFIED BY INDEPENDENT TESTING

Raw materials and finished products are independently tested by U.S. labs.
Learn more at vitalnutrients.net

manufactured by
VITAL NUTRIENTS
45 KENNETH DOOLEY DRIVE
MIDDLETOWN, CT 06457 USA

Metafolin® is a registered trademark of Merck KGaA, Darmstadt, Germany

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.



VITAL

NUTRIENTS

PreNatal Multi-Nutrients

DIETARY SUPPLEMENT
180 CAPSULES

Supplement Facts

serving size: 3 capsules - servings per container: 60

	amt. per serving	% daily value
Vitamin A	3750IU	75%
(67% as beta carotene and mixed carotenoids- 33% as vitamin A acetate)		
Vitamin C	250mg	294%
Vitamin D (as cholecalciferol)	400IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	200IU	909%
Vitamin K (as vitamin K1)	50mcg	55%
Thiamin (as thiamine HCl)	25mg	1589%
Riboflavin	5mg	347%
Vitamin B6 (as pyridoxine HCl)	25mg	1079%
Folate (as L-5-MTHF) Metafolin®	200mcg	50%
Vitamin B12 (as methylcobalamin)	100mcg	3846%
Biotin	150mcg	500%
Pantothenic Acid (as calcium pantothenate)	50mg	766%
Calcium (as dicalcium malate)	200mg	20%
Iron (as iron aspartate)	15mg	55%
Iodine (as potassium iodide)	112.5mcg	51%
Magnesium (as dimagnesium malate)	100mg	27%
Zinc (as zinc citrate)	12.5mg	113%
Selenium (as selenomethionine)	100mcg	166%
Copper (as copper glycinate)	1mg	100%
Manganese (as manganese citrate)	2.5mg	125%
Chromium (as chromium polynicotinate)	100mcg	333%
Molybdenum (as molybdenum citrate)	25mcg	50%
Potassium (as potassium chloride)	45mg	1.3%
Niacinamide	25mg	*
Boron (as boron citrate)	500mcg	*
Vanadium (as vanadium citrate)	25mcg	*

* Daily Value not established

Other Ingredients: Gelatin Capsule, Ascorbyl Palmitate, and Silica.