

FOR PRE AND POSTNATAL WOMEN

Directions: Take 2 tablets after each meal 3 times per day. Whole food based for faster disintegration.

GLUTEN FREE | VEGETARIAN | HYPOALLERGENIC

Contains no: sugar, gelatin, nuts, wheat, yeast, pollen, buckwheat, dairy, corn or soy residues, hidden additives or artificial colorings.

Formulated by and Manufactured for SuperNutrition
SuperNutritionUSA.com

Oakland, CA 94612

800.262.2116

100% GUARANTEED
With Proof of Purchase

MenaQ7
Natural Vitamin K2

A TRADEMARK OF
NATTO PHARMA, NORWAY



WARNING: Consult your doctor before using if taking blood-thinning medications or planning any medical procedure.

*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.

Store in a cool,
dry place.



NEW!
SAME PROVEN POTENCIES
LOOK

**Super
Nutrition™**
SINCE 1977

PreNatal Blend

A MULTIVITAMIN FOR PRE AND POSTNATAL HEALTH

**Supports Full-Term Birth, Stronger Baby's Bones
& More All Day Energy***
Gentle on the Stomach



— FEEL BETTER IN ONE WEEK —
OR YOUR MONEY BACK

A DIETARY SUPPLEMENT | 90 TABLETS

Supplement Facts

Serving Size 6 Tablets
Servings Per Container 15

	Amount Per Serving	% DV
Vitamin A (as retinol palmitate)	5000 IU	100 %
Vitamin C (ascorbic acid)	1200 MG	2000 %
Vitamin D (as vitamin D3)	4000 IU	1000 %
Vitamin E (as d-alpha tocopheryl succinate)	400 IU	1333 %
Vitamin K	170 MCG	213 %
Vitamin K2 (as menaquinone-7) ¹	90 MCG	
Vitamin K1 (as phytonadione)	80 MCG	
Thiamine (vitamin B1)	75 MG	5000 %
Riboflavin (vitamin B2)	70 MG	4118 %
Niacin (as niacin ^{**} ; niacinamide)	122 MG	610 %
Vitamin B6 (as pyridoxine HCl)	70 MG	3500 %
Folic Acid	1000 MCG	250 %
Vitamin B12 (as methylcobalamin)	250 MCG	4167 %
Biotin (as d-biotin)	660 MCG	220 %
Pantothenic Acid (as d-calcium pantothenate)	175 MG	1750 %
Calcium (as calcium carbonate, calcium citrate)	1200 MG	120 %
Iron (as ferrous carbonyl) ^{***}	40 MG	222 %
Iodine (from kelp)	290 MCG	193 %
Magnesium (as magnesium oxide, magnesium glycinate)	650 MG	163 %

Other Ingredients: Magnesium Stearate, Croscarmellose Sodium, Microcrystalline Cellulose, Calcium Silicate, Stearic Acid, Natural Vanilla

¹ Natural vitamin K2 fermented on chickpeas ^{**} Niacin is two-stage, low flush ^{***} Iron pre-coated to prevent interaction with Vitamin E

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.

	Amount Per Serving	% DV
Zinc (as zinc oxide, zinc citrate)	30 MG	200 %
Selenium (as sodium selenite)	250 MCG	357 %
Copper (as copper glycinate)	2.5 MG	125 %
Manganese (as manganese sulfate, manganese citrate)	10 MG	500 %
Chromium (as chromium polynicotinate)	250 MCG	208 %
Molybdenum (as molybdenum trioxide)	150 MCG	200 %
Potassium (as potassium chloride, potassium succinate)	99 MG	3 %
Betaine (as betaine HCl)	100 MG	.
Bioflavonoids (from lemon fruit)	2 MG	.
Boron	3 MG	.
Choline (as choline bitartrate)	100 MG	.
GLA (Gamma Linolenic Acid, from borage)	2 MG	.
Glutamic Acid (as glutamic acid HCl)	30 MG	.
Hesperidin (from citrus)	5 MG	.
Inositol	75 MG	.
Para-Aminobenzoic Acid	69 MG	.
Pyridoxal 5 Phosphate	25 MG	.
Rutin	5 MG	.
Vitamin E Mixed Tocopherols (Gamma) (Alpha, Beta, Delta)	7 MG 4 MG	.
Whole Food & 100% Organic Herb Blend	400 MG	.
Papaya fruit, Rose Hips, Alfalfa leaf, Kale leaf, Broccoli whole plant, Spirulina herb, Prune fruit		

*Daily Value (DV) Not Established