

store sealed in a cool dry place

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

Recommendations

2 to 3 capsules daily twice a day
with food, or as directed by your
healthcare professional.

Warning

If pregnant, consult your
physician before taking.

CONTAINS NO COATINGS, BINDERS, YEAST,
WHEAT, GLUTEN, MILK/DAIRY, SOY PROTEIN,
EGGS, SUGAR, HYDROGENATED OIL,
ARTIFICIAL COLORING, ARTIFICIAL
FLAVORING, OR PRESERVATIVES.

Independently tested for
authenticity, potency, solvent
residue, stability and bacteria,
yeast and mold counts.

MADE IN THE USA

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: 6 capsules - servings per container: 30

	amt. per serving	% daily value
Vitamin A	7,500IU	150%
(67% as beta carotene and mixed carotenoids- 33% as vitamin A acetate)		
Vitamin C	500mg	588%
Vitamin D (as cholecalciferol)	800IU	200%
Vitamin E (as d-alpha tocopheryl succinate)	400IU	1818%
Vitamin K (as vitamin K1)	100mcg	111%
Thiamin (as thiamine HCl)	50mg	3178%
Riboflavin	10mg	714%
Vitamin B6 (as pyridoxine HCl)	50mg	2158%
Folate (as L-5-MTHF) Metafolin®	800mcg	200%
Vitamin B12 (as cyanocobalamin)	200mcg	7692%
Biotin	300mcg	1000%
Pantothenic Acid (as calcium pantothenate)	100mg	1533%
Calcium (as dicalcium malate)	400mg	40%
Iron (as iron aspartate)	30mg	111%
Iodine (as potassium iodide)	225mcg	102%
Magnesium (as dimagnesium malate)	200mg	55%
Zinc (as zinc citrate)	25mg	227%
Selenium (as selenomethionine)	200mcg	333%
Copper (as copper glycinate)	2mg	200%
Manganese (as manganese citrate)	5mg	250%
Chromium (as chromium polynicotinate)	200mcg	667%
Molybdenum (as molybdenum citrate)	50mcg	100%
Potassium (as potassium chloride)	90mg	2.6%
Niacinamide	50mg	*
Boron (as boron citrate)	1mg	*
Vanadium (as vanadium citrate)	50mcg	*

* Daily Value not established

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