



prenatal vitamins

dietary supplement

for pregnant & lactating women

100 tablets

PROD, NO 59638 B59638 014

Supplement Facts

Amount Per Serving		%Daily Value for Pregnan and Lactating Womer
Vitamin A (as Beta-Carotene)	4,000 I.U.	50%
Vitamin C (as Ascorbic Acid)	120 mg	2009
Vitamin D (as D3 Cholecalciferol)	400 I.U.	1009
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 I.U.	1009
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.8 mg	1069
Riboflavin (Vitamin B-2)	1.7 mg	859
Niacin (as Niacinamide)	20 mg	100
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 mg	1049
Folic Acid	800 mcg	1009
Vitamin B-12 (as Cyanocobalamin)	8 mcg	1009
Calcium (as Calcium Carbonate)	200 mg	159
Iron (as Ferrous Fumarate)	28 mg	1569
Todine (as Potassium Todide)	150 mcg	100
Zinc (as Zinc Oxide)	25 mg	167

Serving Size 1 Tablet

SUGGESTER INC. For adults take one (1) tablet daily with a full glass of water, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care

WARNING: Accidental overdose of irco-containing products is a leading muse of fatal personing in children under six. KEEP THIS PRODUCT OUT OF REACH OF CHILDREN. In case of accidental overdose, call a doctor or Paison Control Center

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