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PRENATAL NUTRIENTS

MULTIVITAMIN & MINERAL
FORMULA FOR PREGNANT
AND LACTATING WOMEN

DIETARY SUPPLEMENT

60 TABLETS



SUITABLE FOR VEGETARIANS
GLUTEN, WHEAT & DAIRY FREE



CAREFULLY MANUFACTURED BY: **SOLGAR, INC.**
500 WILLOW TREE ROAD, LEONIA, N.J. 07605 U.S.A.

Supplement Facts

Serving Size: 4 Tablets
Servings Per Container: 15

Amount Per Serving	%DV for Pregnant & Lactating Women	Amount Per Serving	%DV for Pregnant & Lactating Women	Amount Per Serving	%DV for Pregnant & Lactating Women
Calories.....5		Pantothenic Acid.....10 mg.....100%		Chromium.....25 mcg.....***	
Total Carbohydrate.....1 g.....<1%**		(as D-Ca pantothenate)		(as chromium picolinate [yeast-free])	
Vitamin A.....5,000 IU.....63%		Calcium.....1,300 mg.....100%		Sodium†††.....15 mg.....***	
(as natural beta-carotene)		(as calcium carbonate, calcium citrate)		Potassium.....50 mg.....***	
Vitamin C.....100 mg.....167%		Iron.....27 mg.....150%		(as potassium gluconate,	
(as L-ascorbic acid)		(as ferrous bisglycinate chelate†)		potassium amino acid complex††)	
Vitamin D.....400 IU.....100%		Iodine.....150 mcg.....100%		Inositol.....10 mg.....***	
(as ergocalciferol)		(as potassium iodide)		Choline.....4 mg.....***	
Vitamin E.....30 IU.....100%		Magnesium.....450 mg.....100%		(as choline bitartrate)	
(as d-alpha tocopheryl succinate)		(as magnesium oxide,		Soy Protein Isolate.....160 mg.....***	
Thiamin (vitamin B1).....1.7 mg.....100%		magnesium citrate)		Providing: L-Glutamic Acid,	
(as thiamin mononitrate)		Zinc.....15 mg.....100%		L-Aspartic Acid, L-Leucine,	
Riboflavin (vitamin B2).....2 mg.....100%		(as zinc oxide,		L-Arginine, L-Lysine,	
Niacin (vitamin B3).....20 mg.....100%		zinc glycinate chelate††)		L-Phenylalanine, L-Serine, L-Proline,	
(as niacinamide)		Selenium.....25 mcg.....***		L-Valine, L-Isoleucine, L-Alanine,	
Vitamin B6.....2.5 mg.....100%		(as L-selenomethionine)		Glycine, L-Threonine, L-Tyrosine,	
(as pyridoxine HCl)		Copper.....2 mg.....100%		L-Histidine, L-Tryptophan,	
Folic Acid.....800 mcg.....100%		(as copper gluconate,		L-Cysteine, L-Methionine	
Vitamin B12.....8 mcg.....100%		copper glycinate chelate††)		** Percent Daily Values (DV) are	
(as cyanocobalamin)		Manganese.....2 mg.....***		based on a 2,000 calorie diet	
Biotin.....300 mcg.....100%		(as manganese gluconate,		***Daily Value (DV) not established	
		manganese glycinate chelate††)			

Other Ingredients: Microcrystalline Cellulose, Vegetable Cellulose, Vegetable Stearic Acid, Purple Carrot (color), Vegetable Glycerin, Silica, Vegetable Magnesium Stearate, Titanium Dioxide (color).

FREE OF: Gluten, Wheat, Dairy, Yeast, Sugar, Artificial Flavor and Preservatives.

SUGGESTED USE: As a dietary supplement for pregnant and lactating women, take four (4) tablets daily, preferably with a meal or as directed by a healthcare practitioner.

If you are taking any medications, planning any medical or surgical procedure or have any medical condition, please consult your healthcare practitioner before taking any dietary supplement. Discontinue use and consult your healthcare practitioner if any adverse reactions occur. Store at room temperature. Do not use if inner seal is missing or damaged.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

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Solgar® Prenatal Nutrients is a proprietary formula that provides 100% Daily Value of most of the essential vitamins and minerals for pregnant and lactating women. Nutritional requirements significantly change during this time, and diet alone may not always be enough to meet those needed levels. This supplement provides a balanced combination of nutrients such as Calcium, Iron, Folic Acid and potent antioxidants Vitamins C and E and Beta-Carotene to help fight the cell damaging free radicals that can contribute to oxidative stress, and in turn may contribute to the premature aging of cells.*

Adequate folate in healthful diets may reduce a woman's risk of having a child with a brain or spinal cord defect.

Solgar's KOF-K certification #K-1250

*Some iron supplements cause gastrointestinal irritation and constipating effects. This unique form of chelated iron (iron bisglycinate) is formulated for enhanced absorption and is gentle on your system. US Patent No.'s 6,706,904 and 6,716,814 licensed by Albion International, Inc.

†† US Patent No.'s 6,706,904 and 6,716,814 licensed by Albion International, Inc.

††† Naturally occurring.

Note: L-Tryptophan is naturally occurring

*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.

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