



wecare
naturally



COMPLETE PRENATAL

Complete Nutrition for Pregnant and
Lactating Women

90 Vegetarian Capsules

DIETARY SUPPLEMENT

Supplement Facts

Serving Size: Three Capsules

Servings Per Container: 30

Three Capsules Contain:	%DV	
Vitamin A (3,000 IU from Beta Carotene and 2,000 IU as Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	150 mg	250%
Vitamin D (as Vitamin D3)	1,000 IU	250%
Vitamin E (as d-Alpha Tocopheryl)	50 IU	167%
Vitamin K (as Vitamin K1)	100 mcg	**
Thiamin (as Thiamin HCl)	4 mg	264%
Riboflavin (as Riboflavin 5'-Phosphate Sodium)	3.6 mg	212%
Niacin (as Niacinamide)	30 mg	150%
Vitamin B6 (as Pyridoxal 5'-Phosphate)	10 mg	500%
Folate (500 mcg as Calcium Folate and 500 mcg as L-5-Methyltetrahydrofolate from L-5-Methyltetrahydrofolic Acid, Glucosamine Salt)	1 mg	250%
Vitamin B12 (100 mcg as Adenosylcobalamin and 100 mcg as Methylcobalamin)	200 mcg	3,334%
Biotin	50 mcg	17%
Pantothenic Acid (as Calcium Pantothenate)	16 mg	160%

Three Capsules Contain:	%DV	
Calcium (90 mg as Calcium Citrate and 90 mg as Calcium Malate)	180 mg	18%
Iron (as Iron Picolinate)	45 mg	250%
Iodine (as Potassium Iodide)	150 mcg	100%
Magnesium (45 mg as Magnesium Citrate and 45 mg as Magnesium Malate)	90 mg	23%
Zinc (as Zinc Picolinate)	25 mg	167%
Selenium (as L-Selenomethionine)	50 mcg	**
Copper (as Copper Picolinate)	2 mg	100%
Manganese (as Manganese Picolinate)	5 mg	**
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)†	100 mcg	**
Molybdenum (as Molybdenum Picolinate)	50 mcg	**
Boron (as Boron Picolinate)	1 mg	***
Lutein (from Aztec Marigold extract (flower) (<i>Tagetes erecta</i>))	72 mcg	***

Daily Value (DV) not established for pregnant or lactating women. *Daily Value (DV) not established.

Other Ingredients: Hypromellose (derived from cellulose) capsule, Microcrystalline Cellulose, Calcium Laurate, Silicon Dioxide.

Suggested Use: Take 3 capsules daily or as recommended by your health-care practitioner.

†This product uses Albion's TRAACS® Chromium Nicotinate Glycinate chelate. TRAACS is a registered trademark of Albion Laboratories International, Inc.

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 a poison control center immediately.

Certification of Conformity of the child-proof closure with the Poison Prevention Packaging Act is available at www.thorne.com/iron_certification.html

Manufactured for WeCare Naturally 1118 Cadillac Court, Milpitas, CA 95035 (408) 586-9988 www.wecarenaturally.us



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