



Prenatal Vitamins

Multiple Vitamin and Mineral
Formula for Women
Before, During and
After Pregnancy



100 Caplets

Dietary
Supplement

Supplement Facts

Serving Size 1 Caplet

Amount Per Serving	%Daily Value for Pregnant and/or Lactating Women	
Vitamin A (as Beta-Carotene)	4,000 IU	50%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as D3 Cholecalciferol)	400 IU	100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	30 IU	100%
Thiamin (Vitamin B-1) (as Thiamin Mononitrate)	1.8 mg	106%
Riboflavin (Vitamin B-2)	1.7 mg	85%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2.6 mg	104%
Folic Acid	800 mcg	100%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	100%
Calcium (as Calcium Carbonate)	200 mg	15%
Iron (as Ferrous Fumarate)	28 mg	156%
Zinc (as Zinc Oxide)	25 mg	167%

Other Ingredients: Cellulose (Plant Origin). Contains <2% of: Calcium Silicate, Cellulose Coating, Croscarmellose, FD&C Blue No. 1 Lake, FD&C Red No. 40 Lake, FD&C Yellow No. 6 Lake, Hydroxypropyl Methylcellulose, Mannitol, Starch, Titanium Dioxide Color, Vegetable Oil, Magnesium Stearate, Vegetable Stearic Acid.

Contains fish (cod, cusk, flounder, haddock, hake, pollock, redfish, sole) ingredients.

DISTRIBUTED BY DOLGENCORP, LLC
100 MISSION RIDGE
GOODLETTSVILLE, TN 37072 USA
Questions or comments? 1-888-309-9030

Directions: For adults, take one (1) caplet daily, preferably with a meal. As a reminder, discuss the supplements and medications you take with your health care providers.

No yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial flavor, sodium.

WARNING: If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur.

STORE AT ROOM TEMPERATURE AND AVOID EXCESSIVE HEAT. TAMPER RESISTANT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

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.

*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.

This supplement is a good source of some of the nutrients you may need during pregnancy and lactation. Prenatal Vitamins provide Calcium, one of the most important minerals in your body, and Vitamin D, which assists in the absorption of Calcium.* In addition, Prenatal Vitamins contain Iron, a vital component of hemoglobin and Folic Acid, an important vitamin for women.* Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord birth defect. Folate intake should not exceed 1000 mcg daily.

**100%
Satisfaction
Guaranteed!**

If you're not
satisfied with
this product for
any reason,
please call us
so we can
make you
100% satisfied.

(888) 309-9030

Prod. No. 3703

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