



Prenatal Vitamins with Minerals

For Women Before, During
and After Pregnancy

DIETARY SUPPLEMENT

100 COATED TABLETS



Prod No. 59638 B59638 00A USN

Supplement Facts

Serving Size 1 Tablet

Amount Per Serving		%Daily Value for Pregnant and 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%
Iodine (as Potassium Iodide)	150 mcg	100%
Zinc (as Zinc Oxide)	25 mg	167%

OTHER INGREDIENTS: CELLULOSE (PLANT ORIGIN), CROSCARMELOSE, CONTAINS LESS THAN 2% OF: CALCIUM SILICATE, CELLULOSE COATING, DICALCIUM PHOSPHATE, GELATIN, MANNITOL, STARCH, VEGETABLE MAGNESIUM STEARATE, VEGETABLE STEARIC ACID.

Contains: Fish (cod, cusk, flounder, haddock, hake, pollock, redbfish, sole) ingredients.
Trans Fat 0g

FREE OF: yeast, wheat, gluten, milk or milk derivatives, lactose, sugar, preservatives, soy, artificial color, artificial flavor, sodium (less than 5 mg per serving).

This product contains over 12 nutrients, including Folic Acid, an important vitamin for women, and Calcium, for bone health.* 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.

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

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.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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.

Store at room temperature 15°-30° C (59°-86° F), tightly closed. Safety Sealed. Do Not Use If Seal Under Cap Is Cut, Torn or Missing.

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QUALITY GUARANTEE

Actual size
of tablet