

OTHER INGREDIENTS: CELLULOSE, STEARIC ACID (VEGETABLE SOURCE), MODIFIED CELLULOSE GUM, MAGNESIUM STEARATE (VEGETABLE SOURCE), SILICA, GLYCERIN.

SUGGESTED USE: Take four tablets daily, divided among meals.

CONTAINS NO artificial colors, flavors or preservatives; no wheat, gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Our **Prenatal Multi** is designed to meet the nutritional demands on a woman's body during pregnancy.[†] It can also be taken prior to and after pregnancy, especially while nursing.[†]

**We Guarantee Our Supplements
for Potency and Purity**

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

To report a serious adverse event, call 1-888-710-0006

† 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.

PRENATAL MULTI

with 1,000 mg Calcium

Nutritional Support Before, During,
and After Pregnancy[†]

Dietary Supplement

120 VEGETARIAN TABLETS



Supplement Facts

Serving Size 4 Tablets
Servings Per Container 30

Amount Per Serving		% Daily Value
Vitamin A (62% from palmitate, 38% from beta-carotene)	8,000 IU	100%
Vitamin C (as calcium ascorbate)	120 mg	200%
Vitamin D3 (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl succinate)	60 IU	200%
Thiamin (as thiamin mononitrate)	3 mg	176%
Riboflavin	3 mg	150%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine HCl)	10 mg	400%
Folic Acid	800 mcg	100%
Vitamin B12 (as cyanocobalamin)	12 mcg	150%
Biotin	300 mcg	100%
Pantothenic Acid (as d-calcium pantothenate)	20 mg	200%
Calcium (calcium citrate, di-calcium phosphate, calcium ascorbate, d-calcium pantothenate)	1,000 mg	77%
Iron (from ferrous fumarate)	60 mg	333%
Phosphorus (as d-calcium phosphate)	300 mg	23%
Iodine (from potassium iodide)	150 mcg	100%
Magnesium (from magnesium oxide)	400 mg	89%
Zinc (from zinc oxide)	20 mg	133%
Copper (from copper gluconate)	2 mg	100%
Manganese (from manganous gluconate)	5 mg	*
Chromium (from chromium chloride)	25 mcg	*

% Daily Value for pregnant and lactating women.

* Daily Value not established.

KEEP OUT OF REACH OF CHILDREN.

VVL 515-120K

