

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

SUGGESTED USE: Before, during and after pregnancy (and/or while breast feeding), take one tablet daily. Pair with a calcium supplement to meet the full recommended daily intake.

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

- Gentle one-per-day
- Science-supported formulation
- Simple, convenient & nutrient-rich

Perfect for women seeking a simple yet effective one-per-day prenatal multivitamin/mineral, our **Prenatal Once Daily** is designed to meet many of the nutrient needs of women before, during and after pregnancy (and during breast-feeding). Each lot is tested for proper tablet breakdown in the stomach.

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

We Guarantee Our Supplements for Potency and Purity
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.

Formulated for Mom & Baby
**PRENATAL
ONCE DAILY**

Nutritional Support Before,
During and After Pregnancy†
Dietary Supplement



30 VEGETARIAN TABLETS

Supplement Facts

Serving Size 1 Tablet
Servings per Container 30

Amount Per Serving	% Daily Value
Vitamin A (20% as palmitate, 80% as beta-carotene).....	5,200 IU 65%
Vitamin C (as calcium ascorbate).....	60 mg 100%
Vitamin D3 (as cholecalciferol from lanolin).....	400 IU 100%
Vitamin E (as d-alpha tocopheryl succinate).....	30 IU 100%
Thiamin (as thiamin mononitrate).....	1.7 mg 100%
Riboflavin.....	2 mg 100%
Niacin (as niacinamide).....	20 mg 100%
Vitamin B6 (as pyridoxine HCl).....	2.5 mg 100%
Folic Acid.....	800 mcg 100%
Vitamin B12 (as cyanocobalamin).....	8 mcg 100%
Biotin.....	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate).....	10 mg 100%
Calcium (from calcium citrate, dibasic calcium phosphate, ascorbate and pantothenate).....	232 mg 18%
Iron (from ferrous fumarate).....	27 mg 150%
Phosphorus (from dibasic-calcium phosphate).....	76 mg 6%
Iodine (from potassium iodide).....	150 mcg 100%
Magnesium (from magnesium oxide).....	100 mg 22%
Zinc (from zinc gluconate).....	11 mg 73%
Copper (amino acid chelate).....	1 mg 50%
Selenium (from L-selenomethionine).....	60 mcg *
Manganese (from manganous gluconate).....	2 mg *
Chromium (from chromium chloride).....	30 mcg *

*Daily Value not established for pregnant/lactating women.

KEEP OUT OF REACH OF CHILDREN. VWL 539-300

