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Meets USP <2040> disintegration.

No Artificial Colors, No Artificial Flavors, Sodium Free,  
No Wheat, Gluten Free, No Dairy.

**KEEP OUT OF REACH OF CHILDREN.**  
Store in a cool, dry place.

For More Information:  
1-888-462-2548

**SHOP NOW @ GNC.COM**

Distributed by:  
General Nutrition Corporation  
Pittsburgh, PA 15222 USA

\* 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.

#### OUR QUALITY COMMITMENT TO YOU

Since 1935, our mission as the industry leader has been to provide you with the highest-quality nutritional supplements. We continue to stand behind this mission. If you're not 100% satisfied with your purchase, return the unused portion of the product with your receipt within 30 days and we'll either refund your money or find you a replacement product that is right for you.



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**GNC**

## WOMEN'S Prenatal Formula with Iron



Support for mom and baby before, during and after pregnancy. This formula features a balanced nutritional blend of vitamins, minerals and antioxidants.

#### ✔ Fetal Development

Provides 1000 mcg of folic acid, which, as part of a healthy diet, may reduce the risk of brain and spinal cord birth defects when taken before and during pregnancy. It's also required for cell growth and DNA formation.\*

#### ✔ Bone Health

Features 600 mg of calcium, which is especially vital during the third trimester when your baby's bones begin to calcify. If a mother's calcium level drops, her body can pull calcium from her bones, which can result in loss of bone density.\*

#### ✔ Iron

Contains 18 mg of iron. Iron plays a crucial role in the formation of healthy red blood cells, which are essential to support placental and fetal needs and a mother's increased blood volume.\*

#### ✔ Antioxidants

Has antioxidants for protection from harmful free radicals.\*

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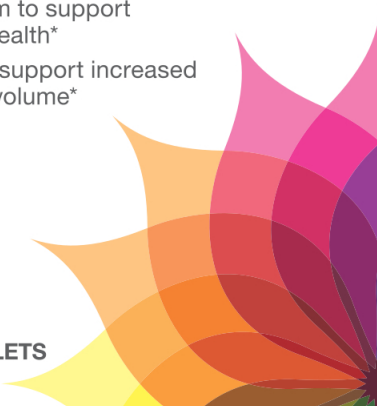
## WOMEN'S Prenatal Formula with Iron

Dietary Supplement

#### NUTRITIONAL INSURANCE FOR MOM & BABY\*

- 1000 mcg of folic acid for fetal development\*
- Calcium to support bone health\*
- Iron to support increased blood volume\*

120 CAPLETS



CODE 286322

JRG

**Directions:** As a dietary supplement, take two caplets daily with food.

### Supplement Facts

Serving Size Two Caplets  
Servings Per Container 60

Amount Per Serving	% Daily Value†
Vitamin A (as beta-Carotene)	4500 IU 56%
Vitamin C (as Ascorbic Acid)	120 mg 200%
Vitamin D (as Cholecalciferol D-3)	400 IU 100%
Vitamin E (as Natural d-alpha Tocopheryl Succinate)	30 IU 100%
Thiamin (Vitamin B-1)(as Thiamin Mononitrate)	1.4 mg 82%
Riboflavin (Vitamin B-2)	1.6 mg 80%
Niacin (as Niacinamide)	18 mg 90%
Vitamin B-6 (as Pyridoxine Hydrochloride)	10 mg 400%
Folic Acid	1000 mcg 125%
Vitamin B-12 (as Cyanocobalamin)	8 mcg 100%
Biotin	35 mcg 12%
Pantothenic Acid (as Calcium d-Pantothenate)	7 mg 70%
Calcium (as Calcium Carbonate)	600 mg 46%
Iron (as Ferrous Fumarate)	18 mg 100%
Iodine (as Potassium Iodide)	290 mcg 193%
Magnesium (as Magnesium Oxide)	200 mg 44%
Zinc (as Zinc Oxide)	15 mg 100%
Copper (as Copper Gluconate)	1.3 mg 65%
Selenium (as Selenium Yeast)	70 mcg *
Manganese (as Manganese Sulfate)	2.6 mg *
Chromium (as Chromium Yeast)	45 mcg *
Molybdenum (as Sodium Molybdate)	50 mcg *
Boron (as Boron Citrate)	150 mcg *
Choline (as Choline Bitartrate)	550 mcg *

† Daily Value for pregnant or lactating women.

\* Daily Value not established.

**Other Ingredients:** Cellulose, Titanium Dioxide (Natural Mineral Whitener), Polyethylene Glycol, Talc, Carnauba Wax.

**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.**

Folic Acid intake should not exceed 125% of the DV (1000 mcg).