

KEEP OUT OF REACH OF CHILDREN.

Store in a cool, dry place.

For More Information:

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Distributed by:

General Nutrition Corporation

Pittsburgh, PA 15222 USA

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WOMEN'S Prenatal Formula without 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.*

✔ **Antioxidants**

Has antioxidants for protection from harmful free radicals.*

* 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.

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WOMEN'S Prenatal Formula without Iron

Dietary Supplement

NUTRITIONAL INSURANCE FOR MOM & BABY*

- 1000 mcg of folic acid for fetal development*
- Calcium to support bone health*
- Antioxidants to protect against free radicals*

60 CAPLETS

CODE 286412

JRG

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

Supplement Facts

Serving Size Two Caplets
Servings Per Container 30

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%
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), Vegetable Acetoglycerides.

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

Conforms to USP <2091> for weight. Meets USP <2040> disintegration.

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



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