

PL453

Oil- and Water-soluble Vitamins with Minerals Tablets USP.

Coated Tablet, Easier To Swallow



ACTUAL SIZE



Longs
WELLNESS

Compare to
Stuart Prenatal®†

Prenatal Tablets

Multiple Vitamins & Minerals
For Pregnant
Or Lactating Women

Dietary Supplement



100 TABLETS

USP has tested and verified ingredients, potency, and manufacturing process. USP sets official standards for dietary supplements. See www.uspverified.org

Supplement Facts

Serving Size 1 Tablet

Each Tablet Contains	% Daily Value for Pregnant or Lactating Women
Vitamin A 4000 I.U.	50%
(100% as Beta Carotene)	
Vitamin C 120 mg	200%
Vitamin D 400 I.U.	100%
Vitamin E 30 I.U.	100%
Thiamin (Vitamin B1) 1.8 mg	106%
Riboflavin (Vitamin B2) 1.7 mg	85%
Niacin 20 mg	100%
Vitamin B6 2.6 mg	104%
Folic Acid 800 mcg	100%
Vitamin B12 8 mcg	100%
Calcium 200 mg	15%
Iron 28 mg	156%
Zinc 25 mg	167%

INGREDIENTS: Calcium Carbonate, Cellulose, Ascorbic Acid, Ferrous Fumarate, Maltodextrin, Gelatin, Zinc Oxide, dl-Alpha Tocopheryl Acetate, Croscarmellose Sodium, Niacinamide, Crospovidone, Corn Starch, Hypromellose, Dextrin, Titanium Dioxide, Stearic Acid, Polyethylene Glycol, Pyridoxine Hydrochloride, Silicon Dioxide, Red 40 Lake, Magnesium Stearate, Beta Carotene, Thiamine Mononitrate, Dextrose, Riboflavin, Soy Lecithin, Folic Acid, Dicalcium Phosphate, Yellow 6 Lake, Blue 2 Lake, Cholecalciferol, Cyanocobalamin.



Distributed by Longs Drugs
Walnut Creek, CA 94596
For further information contact
1-800-TO-LONGS or Longs.com

SUGGESTED USE: Take one tablet daily with a full glass of water, preferably after a meal.

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.

KEEP IN A COOL DRY PLACE, 
TIGHTLY CLOSED.

†Stuart Prenatal® is a registered trademark of Integrity Pharmaceutical Corporation, Fishers, IN 46038.

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FRESHNESS AND POTENCY GUARANTEED THROUGH: