

*Health through the power of nature,
that's what it means to Trust the Leaf.®*

Prenatal Multi-Vitamin/Multi-Mineral provides specially balanced potencies for pregnant and nursing women, with Buffered Vitamin C. Our Prenatal is carefully tested and produced to superior quality standards.

Keep out of reach of children. Safety sealed with printed outer shrink-wrap and inner seal. Do not use if either is broken or missing.

GLUTEN FREE. No sugar, salt, yeast, wheat, soy, dairy products, artificial colors, flavors or preservatives.



Prenatal Multi-Vitamin and Multi-Mineral



DIETARY SUPPLEMENT

Recommendation: Take 2 capsules twice daily with meals or water. If pregnant, nursing or taking any medications, consult a healthcare professional before use.

Supplement Facts			Amount Per Serving	% DV
Serving Size 2 Capsules			Biotin	50 mcg 17%
Servings Per Container 90			Pantothenic Acid (as calcium d-pantothenate)	25 mg 250%
Amount Per Serving		% DV	Calcium (as carbonate/citrate)	250 mg 19%
Vitamin A (91% as beta carotene [7,500 IU], 9% as retinyl acetate [750 IU])	8,250 IU	103%	Iron (as ferrous gluconate)	9 mg 50%
Vitamin C (as calcium ascorbate)	100 mg	167%	Iodine (as kelp powder, potassium iodide)	150 mcg 100%
Vitamin D (as cholecalciferol)	200 IU	50%	Magnesium (as aspartate/oxide)	125 mg 28%
Vitamin E (as d-alpha tocopheryl succinate)	100 IU	333%	Zinc (as zinc bisglycinate chelate)	10 mg 67%
Vitamin K (as phytonadione)	30 mcg	38%	Selenium (as L-selenomethionine)	50 mcg **
Thiamin (Vitamin B1)	5 mg	294%	Copper (as amino acid chelate)	1 mg 50%
Riboflavin (Vitamin B2)	5 mg	250%	Manganese (as aspartate)	5 mg **
Niacin (as niacinamide)	15 mg	75%	Molybdenum (as sodium molybdenum)	50 mcg **
Vitamin B6 (as pyridoxine HCl)	25 mg	1,000%	Potassium (as gluconate/chloride)	45 mg **
Folic Acid	400 mcg	50%	Kelp (whole thallus)	42 mg **
Vitamin B12 (as cyanocobalamin)	25 mcg	313%	**Daily Value (DV) not established.	

Other ingredients: gelatin (capsule), cellulose, magnesium stearate, silica

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.

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Questions? 1-800-9NATURE / naturesway.com

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