

My Prenatal™

*prenatal supplement
with DHA & ginger*

120 CAPSULES



Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

Amount Per Serving	%DV†	Amount Per Serving	%DV†
Vitamin A (100% as beta carotene).....	10,000 IU.....200	Magnesium (oxide).....	500 mg.....125
Vitamin C (ascorbic acid).....	120 mg.....200	Zinc (amino acid chelate).....	15 mg.....100
Vitamin D (cholecalciferol).....	2,000 IU.....500	Selenium (from L-selenomethionine).....	50 mcg.....*
Vitamin E.....	150 IU.....500	Copper (amino acid chelate).....	1 mg.....50
(natural, d, alpha-tocopherol succinate)		Manganese (amino acid chelate).....	2 mg.....*
Vitamin K (phytonadione).....	80 mcg.....*	Chromium (polynicotinate).....	100 mcg.....*
Thiamin (mononitrate).....	5 mg.....333	Molybdenum (amino acid chelate).....	80 mcg.....*
Riboflavin.....	5 mg.....294	Potassium (chloride).....	50 mg.....<2
Niacin (from niacinamide and niacin).....	40 mg.....200	DHA (docosahexaenoic acid, vegetarian).....	90 mg.....*
Vitamin B6 (from pyridoxine HCl).....	5 mg.....250	Ginger Root (<i>Zingiber officinale</i>).....	25 mg.....*
Folic Acid.....	800 mcg.....200	Papain (from <i>Carica papaya</i> fruit).....	20 mg.....*
Vitamin B12 (as cyanocobalamin).....	100 mcg.....1,666	Lecithin (from soybean).....	20 mg.....*
Biotin.....	1,000 mcg.....333	Choline (bitartrate).....	20 mg.....*
Pantothenic Acid.....	20 mg.....200	Inositol.....	20 mg.....*
(from d-calcium pantothenate)		Citrus Bioflavonoid Complex.....	16 mg.....*
Calcium (carbonate).....	800 mg.....80	PABA (para-aminobenzoic acid).....	10 mg.....*
Iron (from ferrous fumarate).....	20 mg.....111	Vanadium (amino acid chelate).....	25 mcg.....*
Iodine (from kelp).....	175 mcg.....117		

† - % Daily Value * - Daily Value not established for pregnant or lactating women

Other Ingredients: Vegetable cellulose (from capsule shell), magnesium trisilicate, magnesium stearate, silica, peppermint oil, and rice polish.

NO salt, yeast, gluten, lactose, egg products, sugar, starch, or preservatives.

Two capsules, twice daily, preferably with meals or as directed by your Health Care Professional.

Contains milk casein and soy.

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.

