

**Nutrition Facts**

Serving Size: 1 Tablet
Servings Per
Container:

	Amount per Serving	% Daily Value
Vitamin A	4000 IU	50
Vitamin C	120 mg	200
Vitamin D	400 IU	100
Vitamin E	30 IU	100
Thiamin (B1)	1.8 mg	106
Riboflavin (B2)	1.7 mg	85
Niacin (B3)	20 mg	100
Vitamin B6	2.6 mg	104
Vitamin B12	8 mcg	100
Folic acid	800 mcg	100
Calcium	200 mg	15
Iron	28 mg	156
Zinc	25 mg	167

Cellulose, Contains 2% of: Calcium Silicate, Cellulose Coating, Croscarmellose Sodium, FD&C Blue No. 1 Lake, FD&C Red No. 40 Lake, FD&C Yellow No. 6 Lake, Gelatin, Mannitol, Starch, Titanium Dioxide Color, Vegetable Magnesium Stearate, Vegetable Stearic Acid

Directions: As a dietary supplement for adults, take one (1) tablet daily with the meal of your choice. Store at room temperature.

Dietary Supplement**Promotes Pregnancy Health***

- Use Before & After Pregnancy
- Walgreens Pharmacist Recommended†
- Oil & Water Soluble

Oil- and water-soluble vitamin and mineral tablets. This product is formulated per official U.S. Pharmacopeia (USP) standards to meet quality, potency, and disintegration or dissolution requirements.

No yeast, no wheat, no gluten, no milk or milk derivatives, no lactose, no sugar, no preservatives, no soy, no artificial flavor, no sodium.

1-800-925-4733

*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.

†Walgreens Pharmacist Survey Study, November 2012.

Warnings

If you are pregnant, nursing, taking any medications, planning any medical or surgical procedure or have any medical condition, consult your doctor before use. Discontinue use and consult your doctor if any adverse reactions occur. 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. Contains fish (cod, cusk, flounder, hake, pollock, redfish, sole) ingredients.

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