

Amount Per Serving	% Daily Value
Digestive Support Complex	
Protease (3500 HUT*), Amylase (200 DU*), Lipase (3 LU*), Cellulase (3 CU*), Bertaine HCl (60 mg*)	
Superfood Vitality Blend	
Spirulina (300 mg*), Wheat Grass (300 mg*), Barley Grass (300 mg*), Alfalfa (leaf) juice concentrate (50 mg*), Octacosanol (from spinach) (100 mg*)	
Gentle Prenatal Blend	80 mg *
(equivalent to 500 mg of herbal powder)	
Red Raspberry (leaf) 4:1 Extract, Chamomile (flower) 4:1 Extract, Ginger (root) Fresh Juice 10:1 Extract	
* Daily Value not established.	
** Daily Value not established for pregnant women.	

Other Ingredients: Cellulose, stearic acid (vegetable source), sodium starch glycolate, silicon dioxide, magnesium stearate (vegetable source).

SUGGESTED USE: During pregnancy and while breast-feeding, take 6 tablets daily, with or between meals.

CONTAINS NO artificial colors, flavors or preservatives; no gluten, milk, eggs, peanuts, tree nuts, crustacean shellfish or fish.

Food Based Prenatal Complete® is a comprehensive blend of nutrients, foods and herbs that support a mother's vitality and a baby's healthy development.[†]

**WE GUARANTEE OUR SUPPLEMENTS
FOR POTENCY AND PURITY**

To report a serious adverse event, call 1-888-710-0006

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.

[†] 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.

Food-Based PRENATAL COMPLETE®

Complete Nutrition
with Energizing Foods & Herbs

Dietary Supplement

180 TABLETS



Supplement Facts

Serving Size 6 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (50% beta-carotene, 50% palmitate)	5,000 IU 62%
Vitamin C (as ascorbic acid)	250 mg 417%
Vitamin D3 (as cholecalciferol)	400 IU 100%
Vitamin E (as d-alpha-tocopheryl succinate)	200 IU 403%
Thiamin (vitamin B1)	30 mg 1765%
Riboflavin (vitamin B2)	35 mg 1750%
Niacin (vitamin B3)	40 mg 200%
Pyridoxine (vitamin B6)	20 mg 500%
Folic Acid	800 mcg 100%
Cyanocobalamin (vitamin B12)	60 mcg 750%
Biotin	600 mcg 200%
Pantothenic Acid (vitamin B5)	60 mg 600%
Calcium (from carbonate, amino acid chelate)	1000 mg 77%
Iron (from amino acid chelate)	30 mg 167%
Iodine (from kelp)	150 mcg 100%
Magnesium (from magnesium oxide)	600 mg 120%
Zinc (from amino acid chelate)	15 mg 100%
Copper (from amino acid chelate)	1.5 mg 75%
Vitamin K (as natural phytonadione)	100 mcg **
Selenium (from selenomethionine)	200 mcg **
Manganese (from amino acid chelate)	6 mg **
Chromium (from amino nicotinate)	200 mcg **
Molybdenum (from amino acid chelate)	50 mcg **
Potassium (from citrate)	60 mg **
Lemon Bioflavonoids	80 mg *
Rutin	10 mg *
Choline (as bitartrate)	30 mg *
Inositol	20 mg *
PNBA (as para-aminobenzoic acid)	10 mg *
Lactobacillus sporogenes	3,000,000 cells *

KEEP OUT OF REACH OF CHILDREN.

541E

