



# Prenatal Caps

**MULTIPLE VITAMIN & MINERAL**

- Targeted Nutrition During Pregnancy
- Can Also Be Used While Lactating

**240 Capsules**  
A Dietary Supplement



## Supplement Facts

Serving Size 4 Capsules      Servings per Container 60

	Amount Per Serving	% Daily Value
Vitamin A (100% as Beta-Carotene)	10,000 IU	200%
Vitamin C (as Calcium Ascorbate)	120 mg	200%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU	500%
Vitamin K	80 mcg	100%
Thiamine (as Thiamine HCl)(Vitamin B-1)	5 mg	330%
Riboflavin (Vitamin B-2)	5 mg	290%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (as Pyridoxine HCl)	5 mg	250%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	20 mcg	330%
Biotin	300 mcg	100%
Pantothenic Acid (as Calcium Pantothenate)	20 mg	200%
Calcium (as Calc. Carbonate and Calc. Ascorbate)	1200 mg	100%
Iron (as Ferrochel® Bisglycinate)**	36 mg	200%
Iodine (from Kelp)	150 mcg	100%
Magnesium (as Magnesium Oxide)	500 mg	120%
Zinc (from Amino Acid Chelate)	15 mg	100%
Selenium (as L-Selenomethionine)	50 mcg	140%
Copper (from Amino Acid Chelate)	1 mg	50%
Manganese (from Amino Acid Chelate)	3.5 mg	170%
Chromium (as Chromium Picolinate)	100 mcg	80%
Molybdenum (from Amino Acid Chelate)	80 mcg	110%
Potassium (as Potassium Chloride)	50 mg	1%
Choline (as Choline Bitartrate)	20 mg	†
Inositol	20 mg	†
PABA	10 mg	†
Vanadium (from Amino Acid Chelate)	25 mcg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Cellulose and Magnesium Stearate (vegetable source). Contains soy derivative. Contains no salt, yeast, wheat, gluten, milk, egg or preservatives. \*\*Ferrochel is a registered trademark of Albion Corp. Albion's patented form of iron is proven to be highly absorbed and non-constipating at recommended levels.

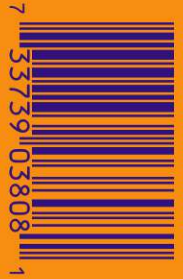
**SUGGESTED USAGE:** As a dietary supplement for pregnant or lactating women, take four capsules daily, preferably in divided doses, with food. Consider taking this product in combination with NOW® Molecularly Distilled Fish Oil, Super DHA and Evening Primrose Oil.

**WARNING:** Close tightly and keep out of the reach of children. 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.

**Do Not Eat Freshness Packet. Keep in Bottle.**  
Store in a cool, dry place. Please Recycle.

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60108  
Made in the U.S.A.  
www.nowfoods.com

ACTUAL SIZE



CODE 3808 V2