

CAPSULE SIZE



Made in the USA

Store in a cool, dry place after opening. Please Recycle.

Ferrochel® is a registered trademark of Albion Laboratories, Inc.

**Do Not Eat Freshness Packet. Keep in Bottle.**

**Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition.**

**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.**

**SUGGESTED USAGE:** As a dietary supplement for pregnant or lactating women, take 4 capsules daily, preferably in divided doses, with food.



# 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 (from Calcium Ascorbate)	120 mg	200%
Vitamin D (as Cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha Tocopheryl Succinate)	150 IU	500%
Vitamin K (as Phytonadione)	80 mcg	100%
Thiamin (from Thiamin HCl)	5 mg	333%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (as Niacinamide)	20 mg	100%
Vitamin B-6 (from Pyridoxine HCl)	5 mg	250%
Folic Acid	800 mcg	200%
Vitamin B-12 (as Cyanocobalamin)	20 mcg	333%
Biotin	300 mcg	100%
Pantothenic Acid	20 mg	200%
Calcium (from Calcium Carbonate and Calcium Ascorbate)	1200 mg	120%
Iron (from Ferrochel® Iron Bisglycinate Amino Acid Chelate)	36 mg	200%
Iodine (from Kelp)	150 mcg	100%
Magnesium (from Magnesium Oxide)	500 mg	125%
Zinc (from Zinc Amino Acid Chelate)	15 mg	100%
Selenium (from L-Selenomethionine)	50 mcg	71%
Copper (from Copper Amino Acid Chelate)	1 mg	50%
Manganese (from Manganese Amino Acid Chelate)	3.5 mg	175%
Chromium (from Chromium Picolinate)	25 mcg	21%
Molybdenum (from Molybdenum Amino Acid Chelate)	80 mcg	107%
Potassium (from Potassium Chloride)	30 mg	1%
Choline (from Choline Bitartrate)	20 mg	†
Inositol	20 mg	†
PABA	10 mg	†
Vanadium (from Vanadium Amino Acid Chelate)	25 mcg	†

† Daily Value not established.

Other ingredients: Gelatin (capsule), Cellulose and Magnesium Stearate (vegetable source).

Vitamin E from soy

Formulated & Distributed by NOW FOODS

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For more product information visit [www.nowfoods.com/3808](http://www.nowfoods.com/3808)