

Other Ingredients: Cellulose, stearic acid (vegetable source), modified cellulose gum, silica, magnesium stearate (vegetable source) and glycerin.

SUGGESTED USE: Before, during and after pregnancy (and/or while breast feeding), take one tablet daily. Pair with a calcium supplement to meet the full recommended daily intake.

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

- Gentle one-per-day
- Science-supported formulation
- Simple, convenient & nutrient-rich

Perfect for women seeking a simple yet effective one-per-day prenatal multivitamin/mineral, our **Prenatal Once Daily** is designed to meet many of the nutrient needs of women before, during and after pregnancy (and during breast-feeding). Each lot is tested for proper tablet breakdown in the stomach.†

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

To report a serious adverse event, call 1-888-710-0005

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 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.

Formulated for Mom & Baby

PRENATAL ONCE DAILY

Nutritional Support Before,
During and After Pregnancy[†]

Dietary Supplement

30 VEGETARIAN TABLETS



Supplement Facts

Serving Size 1 Tablet

Servings Per Container 30

| Amount Per Serving | % Daily Value |
|--|---------------|
| Vitamin A (20% as palmitate, 80% as beta-carotene) | 5,200 IU 65% |
| Vitamin C (as calcium ascorbate) | 60 mg 100% |
| Vitamin D3 (as cholecalciferol from lanolin) | 400 IU 100% |
| Vitamin E (as d-alpha-tocopheryl succinate) | 30 IU 100% |
| Thiamin (as thiamin mononitrate) | 1.7 mg 100% |
| Riboflavin | 2 mg 100% |
| Niacin (as niacinamide) | 20 mg 100% |
| Vitamin B6 (as pyridoxine HCl) | 2.5 mg 100% |
| Folic Acid | 800 mcg 100% |
| Vitamin B12 (as cyanocobalamin) | 8 mcg 100% |
| Biotin | 300 mcg 100% |
| Pantothenic Acid (as d-calcium pantothenate) | 10 mg 100% |
| Calcium (from calcium citrate, dibasic calcium phosphate, ascorbate and pantothenate) | 232 mg 20% |
| Iron (from ferrous fumarate) | 27 mg 150% |
| Phosphorus (from dibasic-calcium phosphate) | 76 mg 8% |
| Iodine (from potassium iodide) | 150 mcg 100% |
| Magnesium (from magnesium oxide) | 100 mg 25% |
| Zinc (from zinc gluconate) | 11 mg 70% |
| Copper (amino acid chelate) | 1 mg 50% |
| Selenium (from l-selenomethionine) | 60 mcg * |
| Manganese (from manganese gluconate) | 2 mg * |
| Chromium (from chromium chloride) | 30 mcg * |

*Daily Value not established for pregnant/lactating women.

KEEP OUT OF REACH OF CHILDREN.

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