



POST-180-A-2101



Suggested Use: Adults take three (3) capsules a day with food and a full glass of water. Capsules may be opened and powder added to food or drink.

Does NOT contain GMOs, soy, gluten, milk, eggs, fish, shellfish, tree nuts, peanuts, or preservatives. Suitable for vegans and vegetarians.

Caution: Keep out of reach of children. As with any supplement, if you are pregnant, nursing or taking medication, consult your doctor before using this product. Store in a cool, dry place. Do not use if safety seal under the lid is broken or missing.

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.

Aquamini® is a registered trademark of Marigot Ltd. Albion™ is a trademark of Albion Laboratories, Inc.

*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 and distributed by:
 NATURELO Premium Supplements
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www.naturelo.com



NO GMOs



NO SOY



NO GLUTEN



VEGAN FRIENDLY

NO COLORING,
 PRESERVATIVES
 OR FLAVORING

NATURELO®

PREMIUM SUPPLEMENTS

POSTNATAL MULTIVITAMIN

FOR BREASTFEEDING MOMS

180
 VEGETARIAN
 CAPSULES

DIETARY SUPPLEMENT

COMPLETE FORMULA
 GENTLE ON THE STOMACH*



Supplement Facts

Serving Size 3 Capsules
 Servings Per Container 60

Amount Per Serving	%DV†
Vitamin A (as Natural Beta Carotene from <i>Blastodeska trisporei</i>)	1,300 mcg 100%
Vitamin C (from L-Ascorbate & Acerola Cherry Extract)	120 mg 100%
Vitamin D3 (as Plant-based Cholecalciferol from Wild-harvested Lichen)	20 mcg (800 IU) 133%
Vitamin E (from d-Alpha Tocopheryl from Sunflower)	19 mg 100%
Vitamin B1 (from Thiamine HCl)	1.5 mg 107%
Vitamin B2 (Riboflavin)	1.6 mg 100%
Vitamin B3 (as Nicotinamide)	18 mg NE 100%
Vitamin B6 (from Pyridoxal-5-Phosphate)	2 mg 100%
Folate (as Active L-5-Methylfolate)	600 mcg DFE 100%
Vitamin B12 (as Methylcobalamin)	2.8 mcg 100%
Biotin (as D-Biotin)	35 mcg 100%
Vitamin B5 (from d-Calcium Pantothenate)	7 mg 100%
Choline (as Choline (+) Bitartrate)	55 mg 10%
Calcium (as Plant-based Aquamin® from Marine Algae)	255 mg 20%
Iron (Ferrous Bisglycinate)	9 mg 33%

Amount Per Serving	%DV†
Iodine (from Wild, Hand-Harvested Kelp)	290 mcg 100%
Magnesium (from Aquamin® Magnesium)	255 mg 64%
Zinc (from Zinc Amino Acid Chelate)	13 mg 100%
Selenium (as Selenium Glycinate (Albion™))	70 mcg 100%
Copper (as Copper Amino Acid Chelate)	1.3 mg 100%
Manganese (as Manganese Sulfate)	2.6 mg 100%
Chromium (from Chromium Picolinate)	45 mcg 100%
Molybdenum (as Molybdenum Krebs Complex)	50 mcg 100%
Milk Boosting Herbs Blend*	100 mg **
Organic Fenugreek (Seed)	
Organic Blessed Thistle (Herb)	
Organic Fennel Extract (Seed)	
Organic Stinging Nettle (Food)	
Organic Amla (Leaves)	
Vitamin K2 (as Menaquinone MK-7)	90 mcg **

*Daily value (DV) not established.

†% Daily Values reflect the recommended values for lactating women, which may be higher than standard daily values.

Other Ingredients: Hydroxytoluene (Vegetarian Capsule), Plant-based Malto-dextrin, Silica. **Best Before:** See date on bottom ▶