

Other Ingredients: Cellulose, magnesium stearate (vegetable source), silica.

**SUGGESTED USE:** Take four tablets daily, divided among meals.

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

Our Prenatal Multi is designed to meet the nutritional demands on a woman's body during pregnancy. It can also be taken prior to and after pregnancy, especially while nursing.<sup>†</sup>

**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.

<sup>†</sup> 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.

# PRENATAL MULTI

with 1,000 mg Calcium

Nutritional Support Before, During,  
and After Pregnancy<sup>†</sup>

Dietary Supplement  
120 VEGETARIAN TABLETS



## Supplement Facts

Serving Size 4 Tablets

Servings Per Container 30

Amount Per Serving	% Daily Value
Vitamin A (50% from palmitate, 50% from beta-carotene) ...	8,000 IU 100%
Vitamin C (as calcium ascorbate) .....	120 mg 200%
Vitamin D3 (as cholecalciferol) .....	400 IU 100%
Vitamin E (as d-alpha tocopheryl succinate) .....	60 IU 200%
Thiamin (as thiamin mononitrate) .....	3 mg 176%
Riboflavin .....	3 mg 150%
Niacin (as niacinamide) .....	20 mg 100%
Vitamin B6 (as pyridoxine HCl) .....	10 mg 400%
Folic Acid .....	800 mcg 100%
Vitamin B12 (as cyanocobalamin) .....	12 mcg 150%
Biotin .....	300 mcg 100%
Pantothenic Acid (as d-calcium pantothenate) .....	20 mg 200%
Calcium (from calcium citrate, di-calcium phosphate) ...	1,000 mg 77%
Iron (from ferrous fumarate) .....	60 mg 333%
Phosphorus (as d-calcium phosphate) .....	300 mg 23%
Iodine (from potassium iodide) .....	150 mcg 100%
Magnesium (from magnesium oxide) .....	400 mg 80%
Zinc (from zinc oxide) .....	20 mg 133%
Copper (from copper gluconate) .....	2 mg 100%
Manganese (from manganese gluconate) .....	5 mg *
Chromium (from chromium chloride) .....	25 mcg *

\* Daily Value for pregnant and lactating women.

\* Daily Value not established.

KEEP OUT OF REACH OF CHILDREN.

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