

# PhD PRENATAL FORMULA

## 60 PILLS

**Directions:** Adults take 2 capsules daily, with or without food. For best experience, take on an empty stomach.

<b>Supplement Facts</b>		<b>% Daily Value</b>
Serving Size 2 Capsules Servings Per Container 30		
<b>Amount Per 2 Capsule Serving</b>		<b>Preg Women &amp; Lact Women</b>
Vitamin A (as 50% beta-carotene USP, retinyl palmitate USP)	520 mcg	40%
Vitamin C (as ascorbic acid)	72 mg	60%
Vitamin D (D-3 as cholecalciferol from Lichen)	25 mcg (1000 IU)	167%
Vitamin E (as d-alpha-tocopherol from sunflower oil)	14.3 mg	75%
Vitamin K (K-1 as phylloquinone)	18 mcg	20%
Thiamin (Vitamin B-1 as thiamine mononitrate)	0.7 mg	50%
Riboflavin (Vitamin B-2)	0.32 mg	20%
Niacin (Vitamin B-3 as inositol niacinate)	18 mg	100%
Vitamin B-6 (as pyridoxal 5-phosphate)	2 mg	100%
Folate (as L-methylfolate, calcium salt)	630 mcg DFE (378 mcg L-methylfolate)	105%
Vitamin B-12 (as methylcobalamin)	3.5 mcg	125%
Biotin	17.5 mcg	50%
Pantothenic acid (as calcium D-pantothenate)	7 mg	100%
Choline (as choline bitartrate USP)	55 mg	10%
Iron (as SunActive®Fe ferric pyrophosphate )	9 mg	33%
Iodine (as potassium iodide USP)	290 mcg	100%
Magnesium (as magnesium citrate USP)	8 mg	2%
Zinc (as zinc citrate)	3.9 mg	30%
Selenium (as L-selenomethionine)	14 mcg	20%
Copper (as copper chelate)	0.26 mg	20%
Algal Oil	149 mg	**
Omega-3 DHA (Docosahexaenoic Acid)	100 mg	**
Vitamin K-2 (as menaquinone-7)	18 mcg	**
Coenzyme Q10 (as ubiquinone USP)	60 mg	**
Inositol (as inositol niacinate)	4 mg	**
Lutemax 2020® Marigold Flower Extract	40 mg	**
Lutein	10 mg	**
Zeaxanthin	2 mg	**
<b>Spectra™ Whole Food Antioxidant Blend</b>	<b>100 mg</b>	<b>**</b>
Decaffeinated Coffea arabica Extract, Decaffeinated Green Tea Extract, Broccoli Sprout, Onion Extract, Apple Extract, Quercetin, Maltodextrin, Acerola Extract, Tomato, Broccoli, Acai, Basil, Cinnamon, Garlic, Oregano, Turmeric, Carrot, Elderberry, Mangosteen, Camu Camu, Blackberry, Blackcurrant Extract, Blueberry Extract, Raspberry, Spinach, Chokeberry, Kale, Sweet Cherry, Bilberry Extract, Silicon Dioxide, Sunflower Lecithin, Brussels Sprout		

\*\* Daily Value not established.

**Other Ingredients:** Rice Flour, Rice Starch, Modified Food Starch, Hydroxypropylmethylcellulose (Vegan Capsule), Pectin, Natural Flavor, Glycerol, Coconut Oil Powder, Mixed Tocopherols, Silicon Dioxide.