

PRENATAL MULTI

30 PILLS

Directions: For adult women, take one (1) capsule daily. May be taken with or without food. Take with a sip of water.

Supplement Facts

Serving Size 1 Capsule

Servings Per Container 30

Amount Per 1 Capsule Serving		% Daily Value
Vitamin A (as 65% beta-carotene USP, retinyl palmitate USP)	650 mcg	50%
Vitamin C (as ascorbic acid USP)	70 mg	58%
Vitamin D (D-3 as cholecalciferol USP)	50 mcg (2000 IU)	333%
Vitamin E (as d-alpha-tocopherol from sunflower oil FCC)	12 mg	63%
Vitamin K (K-1 as phylloquinone USP)	24 mcg	27%
Thiamin (Vitamin B-1 as thiamine mononitrate USP)	1.5 mg	107%
Riboflavin (Vitamin B-2 USP)	1.6 mg	100%
Niacin (Vitamin B-3 as inositol niacinate)	4 mg	22%
Vitamin B-6 (as pyridoxal 5-phosphate)	2 mg	100%
Folate (as L-methylfolate, calcium salt)	600 mcg DFE (360 mcg L-methylfolate)	100%
Vitamin B-12 (as methylcobalamin)	4.5 mcg	161%
Biotin USP	35 mcg	100%
Pantothenic acid (as calcium D-pantothenate USP)	1.5 mg	21%
Choline (as choline bitartrate FCC)	25 mg	5%
Iron (as ferrous bisglycinate chelate)	6.7 mg	25%
Iodine (as potassium iodide FCC)	290 mcg	100%
Magnesium (as magnesium hydroxide)	8.4 mg	2%
Zinc (as zinc citrate USP)	4.5 mg	35%
Selenium (as L-selenomethionine USP)	28 mcg	40%
Copper (as copper chelate)	0.30 mg	23%
Chromium (as chromium picolinate USP)	25 mcg	56%
Algal Oil	149 mg	**
Omega-3 DHA (Docosahexaenoic Acid)	100 mg	**
Inositol (as inositol niacinate)	1 mg	**
SmartyPants Fruit & Vegetable Blend	65 mg	**
Organic Apple Fiber (pomace), Organic Acai (<i>Enterpe oleracea</i> , fruit juice), Organic Beet (root), Organic Kale (<i>Brassica oleracea</i> var. <i>acephala</i> , leaf), Organic Raspberry (fruit), Organic Spinach (leaf), Organic Tomato (fruit), Organic Banana (fruit), Organic Blueberry (fruit), Organic Carrot (root).		

** Daily Value not established.

Other Ingredients: Hydroxypropylmethylcellulose (Vegetarian Capsule), Sunflower Oil, Mixed Tocopherols, Rosemary Extract, Ascorbyl Palmitate.