

- ** From L-OptiZinc®
- *** From ChromeMate®
- **** From Neuromins™, a highly purified source of DHA from microalgae. Neuromins™ is a trademark of Martek.

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Contains No sugar, salt, yeast, wheat, gluten or artificial colors.

Suggested Use: As a dietary supplement, adults take four (4) tablets daily at mealtime, or as directed by a health care professional.

Store in a cool, dry place and away from direct light.

WARNING: Consult your physician prior to using this product if you are pregnant or nursing, taking medications or have a medical condition. Discontinue use two weeks prior to surgery.

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.

KEEP OUT OF REACH OF CHILDREN.

Prenatal Plus

**WITH DHA, GINGER AND
1,333 MCG DFE OF FOLATE**

Dietary Supplement
120 Tablets

SUPPLEMENT FACTS

Serving Size 4 Tablets
Serving Per Container 30

			Amount Per Serving	% Daily Value				Amount Per Serving	% Daily Value
Vitamin A	3,696 mcg RAE (10,000 IU)	(as acetate, beta carotene)	411%		Magnesium	450 mg	107%		
Vitamin C (as ascorbic acid)	150 mg		167%		Zinc (from monomethionine)**	15 mg	136%		
Vitamin D (as cholecalciferol)	10 mcg (400 IU)		50%		Selenium (from amino acid chelate)	100 mcg	182%		
Vitamin E (as d-alpha succinate)	62 mg		413%		Copper (from amino acid chelate)	2 mg	222%		
Vitamin K (as phytonadione)	100 mcg		83%		Manganese (from amino acid chelate)	5 mg	217%		
Vitamin B-1 (as thiamine hydrochloride)	25 mg		2,083%		Chromium (from polynicotinate)***	200 mcg	571%		
Riboflavin	25 mg		1,923%		Molybdenum (from amino acid chelate)	25 mcg	56%		
Niacin (as niacinamide)	25 mg		156%		Potassium (from amino acid chelate)	25 mg	<1%		
Vitamin B-6 (as pyridoxine hydrochloride)	25 mg		1,471%						
Folate	1,333 mcg DFE (800 mcg folic acid)		333%		Inositol	10 mg	*		
Vitamin B-12 (as cyanocobalamin)	100 mcg		4,167%		PABA (para amino benzoic acid)	10 mg	*		
Biotin	300 mcg		1,000%		DHA**** Powder (Standardized to 18% [50 mg] DHA)****	278 mg	*		
Vitamin B-5 (as d-calcium pantothenate)	40 mg		800%		Ginger (Zingiber officinale) root powder	75 mg	*		
Choline (from bitartrate)	10 mg		2%		Chamomile (Matricaria Chamomilla) flower extract	50 mg	*		
Calcium (from carbonate, citrate, amino acid chelate)	800 mg		62%		Raspberry (Rubus idaeus) leaves powder	25 mg	*		
Iron (from amino acid chelate)	18 mg		100%						
Iodine (from kelp)	150 mcg		100%						

Other Ingredients: Cellulose, vegetable stearin, food glaze with vanilla coating, vanillin, silica, and magnesium stearate.



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