

Contains No dairy, wheat, gluten, eggs, peanuts, tree nuts, fish, shellfish, preservatives, artificial colors, artificial flavors.

Suggested Use: As a dietary supplement, adults take three (3) tablets throughout the day, or as directed by a health care professional. Store in a cool, dry place and away from direct light.

† 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.

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.



CERTIFIED ORGANIC BY QAI

CERTIFIED ORGANIC
WHOLE FOOD

Prenatal Multivitamin

EASY TO DIGEST†
NUTRITIONAL SUPPORT FOR MOM & BABY†

GLUTEN FREE • NON GMO • VEGAN

Dietary
Supplement



180
Tablets

SUPPLEMENT FACTS

Serving Size 3 Tablets
Servings Per Container 60

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (from Organic Whole Food Complex Blend & as beta carotene)	1,300 mcg (4,333 IU)	144%	Pantothenic Acid (from Organic Whole Food Complex Blend & as d-calcium pantothenate)	7 mg	140%
Vitamin C (from Organic Whole Food Complex Blend & organic acerola extract)	90 mg	100%	Iron (from Organic Whole Food Complex Blend & iron chelate)	10 mg	56%
Vitamin D3 (from Organic Whole Food Complex Blend)	18.8 mcg (755 IU)	94%	Iodine (from organic kelp & Organic Whole Food Complex Blend)	145 mcg	97%
Vitamin E (from Organic Whole Food Complex Blend & as d-alpha tocopheryl succinate)	19 mg	127%	Zinc (from Organic Whole Food Complex Blend)	3 mg	27%
Vitamin K (from Organic Whole Food Complex Blend)	75 mcg	63%	Selenium (from Organic Whole Food Complex Blend)	42 mcg	76%
Thiamine (from Organic Whole Food Complex Blend)	1.5 mg	125%	Manganese (from manganese chelate & Organic Whole Food Complex Blend)	0.6 mg	26%
Riboflavin (from Organic Whole Food Complex Blend)	1.7 mg	131%	Chromium (from brewer's yeast & Organic Whole Food Complex Blend)	78.8 mcg	225%
Niacin (as niacinamide & from Organic Whole Food Complex Blend)	20 mg	125%	Organic Whole Food Complex Blend	970 mg	*
Vitamin B6 (as pyridoxine hydrochloride & from Organic Whole Food Complex Blend)	9 mg	529%	Organic Amla Extract, Organic Moringa Extract, Organic Holy Basil, Organic Tea Extract, Organic Sunflower Seed Kernel Extract, Organic Carrot Extract, Organic Spinach Extract, Organic Shiitake Extract, Organic Curry Leaf Extract, Organic Coconut Extract, Organic Parsley Extract, Organic Achiotte Extract, Organic Lichen, Organic Garlic Extract		
Folate (from Organic Whole Food Complex Blend)	400 mcg DFE	100%			
Vitamin B12 (as methylcobalamin & from Organic Whole Food Complex Blend)	3 mcg	125%			
Biotin (as biotin & from Organic Whole Food Complex Blend)	160 mcg	533%			

*Daily Value not established

Other Ingredients: Organic agave inulin powder, organic pea starch, organic coating (organic tapioca maltodextrin, organic sunflower lecithin, organic palm oil, organic guar gum), silica, organic tapioca dextrose.



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