

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

L-OptiZinc® and ChromeMate® and their logos are trademarks of Lonza and its affiliates.

**Contains No** sugar, salt, 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  
 1,000 MCG DFE OF FOLATE**

*Dietary Supplement*  
 120 Tablets

## SUPPLEMENT FACTS

Serving Size 4 Tablets  
 Serving Per Container 30

Amount		% Daily	Amount		% Daily
Per Serving		Value	Per Serving		Value
Vitamin A	3,000 mcg RAE (10,000 IU)	231%	Magnesium	350 mg	88%
(as acetate, beta carotene)			(from oxide, citrate, amino acid chelate)		
Vitamin C (as ascorbic acid)	150 mg	125%	Zinc (from monomethionine)**	15 mg	115%
Vitamin D	10 mcg (400 IU)	67%	Selenium	100 mcg	143%
(as cholecalciferol)			(from amino acid chelate)		
Vitamin E	62 mg	326%	Copper	2 mg	154%
(as d-alpha succinate)			(from amino acid chelate)		
Vitamin K	100 mcg	111%	Manganese	5 mg	192%
(as phytonadione)			(from amino acid chelate)		
Vitamin B-1	25 mg	1,786%	Chromium	200 mcg	444%
(as thiamine hydrochloride)			(from polynicotinate)***		
Riboflavin	25 mg	1,563%	Molybdenum	25 mcg	50%
Niacin (as niacinamide)	25 mg	139%	(from amino acid chelate)		
Vitamin B-6	25 mg	1,250%	Potassium	25 mg	<1%
(as pyridoxine hydrochloride)			(from amino acid chelate)		
Folate	1,000 mcg DFE (588 mcg folic acid)	167%	DHA**** Powder	294 mg	*
Vitamin B-12	100 mcg	3,571%	(Standardized to 18% [50 mg] DHA)****		
(as cyanocobalamin)			Ginger	75 mg	*
Biotin	300 mcg	857%	(Zingiber officinale) root powder		
Vitamin B-5	40 mg	571%	Chamomile	50 mg	*
(as d-calcium pantothenate)			(Matricaria Chamomilla) flower extract		
Choline (from bitartrate)	10 mg	2%	Raspberry	25 mg	*
Calcium	800 mg	62%	(Rubus ideaus) leaves powder		
(from carbonate, citrate, amino acid chelate)			Inositol	10 mg	*
Iron (from amino acid chelate)	18 mg	67%	PABA	10 mg	*
Iodine (from kelp)	150 mcg	52%	(para-aminobenzoic acid)		
			* Daily Value not established		

**Other Ingredients:** Cellulose, vegetable stearin, food glaze with vanilla coating, natural flavor, magnesium stearate, silica.

1182

T005



**BAR CODE PLACEHOLDER  
DO NOT REMOVE**