

** From L-OptiZinc®

*** From Neuromins™, a highly purified source of DHA from microalgae. Neuromins™ is a trademark of Martek.

L-OptiZinc® and its logo is a trademark of Lonza and its affiliates.

Contains No Dairy, Wheat, Gluten, Eggs, Peanuts, Soy, Tree Nuts, Fish, Shellfish, Sesame, Preservatives, Artificial Colors or Flavors.

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**

GLUTEN FREE • NON GMO • VEGETARIAN

Dietary Supplement
120 Tablets

SUPPLEMENT FACTS

Serving Size 4 Tablets
Servings Per Container 30

	Amount Per Serving	% Daily Value		Amount Per Serving	% Daily Value
Vitamin A (as acetate, beta carotene)	3,000 mcg RAE (10,000 IU)	231%	Magnesium (from oxide, citrate, amino acid chelate)	350 mg	88%
Vitamin C (as ascorbic acid)	150 mg	125%	Zinc (from monomethionine)**	15 mg	115%
Vitamin D (as cholecalciferol)	10 mcg (400 IU)	67%	Selenium (from amino acid chelate)	100 mcg	143%
Vitamin E (as d-alpha succinate)	62 mg	326%	Copper (from amino acid chelate)	2 mg	154%
Vitamin K (as phytonadione)	100 mcg	111%	Manganese (from amino acid chelate)	5 mg	192%
Vitamin B-1 (as thiamine hydrochloride)	25 mg	1,786%	Chromium (as nicotinate glycinate chelate)	200 mcg	444%
Riboflavin	25 mg	1,563%	Molybdenum (from amino acid chelate)	25 mcg	50%
Niacin (as niacinamide)	25 mg	139%	Potassium (from amino acid chelate)	25 mg	<1%
Vitamin B-6 (as pyridoxine hydrochloride)	25 mg	1,250%	DHA*** Powder (Standardized to 18% [50 mg] DHA)***	294 mg	*
Folate (588 mcg folic acid)	1,000 mcg DFE	167%	Ginger (<i>Zingiber officinale</i>) root powder	75 mg	*
Vitamin B-12 (as cyanocobalamin)	100 mcg	3,571%	Chamomile (<i>Matricaria Chamomilla</i>) flower extract	50 mg	*
Biotin	300 mcg	857%	Raspberry (<i>Rubus ideaus</i>) leaves powder	25 mg	*
Vitamin B-5 (as d-calcium pantothenate)	40 mg	571%	Inositol	10 mg	*
Choline (from bitartrate)	10 mg	2%	PABA (para-aminobenzoic acid)	10 mg	*
Calcium (from carbonate, citrate, amino acid chelate)	800 mg	62%			
Iron (from amino acid chelate)	18 mg	67%			
Iodine (from kelp)	150 mcg	52%			

*Daily Value not established

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

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